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'staches for November —
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PAGE 45

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OF SHANNON THE TEMP
COMES TO AN END

PAGE 29

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'We've had enough': Shipyard workers



Workers at the Halifax Shipyard walked off the job on Thursday after they say a fellow worker killed himself following months of harassment. HALEY RYAN/METRO

Halifax Shipyard.
Employees protest
alleged management
harassment, mourn for
colleague who took
own life

Nearly 200 workers at the Irving Shipyard walked off the job Thursday morning after employees said resentment "boiled over" when they learned a co-worker had killed himself following a suspension, and what they say was months of harassment by management.

A shipyard worker who preferred not to give his name said he "almost cried right on the spot" when he heard of Peter MacKenzie's death, who he said he worked with for 25 years.

"He was singled out and harassed in many regards," said the man. "We've had enough and it's as simple as that.... It boiled over."

Workers left their jobs around 7:30 a.m., lining both sides of Barrington Street at the bottom of Devonshire Avenue and crossing the street each time the lights changed.

Union president Cliff Pickrem said MacKenzie was sus-

pended for 30 days due to poor workmanship on his scaffolding Tuesday, but later heard an engineer say the work was "quite up to standard."

In a statement, Irving said "It is not appropriate to speak about details regarding individual employees."

Halifax RCMP spokesman Cpl. Scott MacRae said they received a suicide call for a home in Eastern Passage on Wednesday at 2:30 p.m. and found a 58-year-old man dead.

Metro reached out to the victim's family, who preferred not to comment.

Tyler Stewart, 29, was among many who said the company has become much harsher and more disciplinary in the last year and half

Stewart said. "Unfortunately it has to come to this to make a better situation."

Pickrem and national union representative Rick Rose came from negotiations just before noon and said Irving's president was flying to Halifax. They told the crowd that management understood their frustration, but was asking everyone to continue working.

Many shouted "no way" and left the property, saying they would return Friday.

"We're going to have conversations we haven't had for quite some time to reset things and make sure everybody feels confident that we can do the work we need to do," said Rose.

Irving spokesperson Deborah Page said in a statement

Quoted

"Our thoughts and hearts go out to Peter's family and friends, and to all here at the shipyard who worked with him."

Statement from Irving regarding death of Peter MacKenzie

since Irving won the national shipbuilding contract and new management came in.

"A lot of the older gentlemen, they're trying to almost make them retire ... they want to make their lives miserable,"

Irving was "working extremely hard to create a positive, effective and productive work environment ... and for that we need employees to be at work, and the union and company to work together." HALEY RYAN/METRO

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Tide turning for landfill?

Otter Lake. Citizens' group says most people insist that HRM honour 1996 contract



RUTH DAVENPORT
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The citizens' group representing residents near the Otter Lake landfill is cautiously optimistic that two key environmental protections will survive a recommendation for elimination.

"Everything is very positive," said Halifax Waste Resource Society member Scott Guthrie at a public meeting Thursday. "We've made leaps and bounds ... but this is far from over."

The society held the meeting to update residents on the Stantec Consulting recommendations to eliminate the landfill's front-end processor (FEP) and waste-stabilization facility (WSF).

Society spokesperson Ken Donnelly said citizens who attended public meetings over the fall were mostly opposed, saying HRM should honour a written agreement

Hold the line

"They didn't count on the solidarity of this community. We will get there. We will prevail."

Coun. Reg Rankin

guaranteeing the two facilities.

"We had very strong support from people — not just in this area, that's right across all of HRM," he said.

Two regional councillors emphasized that council will have the final say and said support for protecting the WSF and FEP is growing.

"Regardless of what (the recommendations) are, I can assure you that (Coun. Reg Rankin) and I will put on the floor that the WSF and FEP remain in place," said Coun. Steve Adams.

Guthrie urged residents to turn out en masse for the Dec. 10 council meeting, when councillors are expected to get that final report.

"The more we show council that we are a unified front against these irrational changes ... the better off we shall be," he said.



Stantec Consulting has recommended the elimination of the Otter Lake landfill's front-end processor and waste-stabilization facility. JEFF HARPER/METRO FILE

Sleeman to shutter Dartmouth brewery



Sleeman was unable to find a buyer for the plant. JEFF HARPER/METRO

Sleeman Breweries Ltd. has announced the closure of its Dartmouth facility, saying it couldn't come to terms with prospective buyers.

"It's been a tough week," said Pierre Ferland, senior vice-president of operations.

Parent company Sapporo International announced in March it was shifting all Sleeman production to its Guelph

facility, and Sleeman officials began soliciting new buyers for the Dartmouth plant.

The company had been working with three prospective buyers, all Maritime-based brewers for whom the brewery is ultimately too big.

"It's a small brewery, but it may be too big for a small brewer and not big enough for a large brewer," said Ferland.

No surprises

"Obviously (the workers) knew the consequences: We either sell or close."

Pierre Ferland, senior vice-president of operations for Sleeman

He said the company tried several accommodations, in-

cluding a workforce reduction in late October and an offer to produce more than 350,000 cases of Sleeman products annually until the new operator had their own product established.

"Unfortunately the economics didn't work," said Ferland.

The 15 employees at the brewery were told about the closure on Thursday.

1 NEWS



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Throne speech promises day off, fracking wastewater ban

New agenda laid out. Government campaigned on change, and says it's delivering

A new winter holiday and a ban on the importation of hydraulic fracturing wastewater are among the initiatives Nova Scotia's new Liberal government is promising to introduce in the fall legislative session, its first since winning power.

Premier Stephen McNeil laid the ground for his government's agenda with a throne speech Thursday promising to bring in 10 pieces of legislation.

"Nova Scotians voted for change and that change is underway," Lt.-Gov. J.J. Grant read from the speech.

"This begins with open and accountable government. This begins by respecting Nova Scotians' tax dollars."

McNeil is also promising to amend a contentious labour law brought in by the former NDP government that imposes arbitrated settlements on first contracts for newly unionized workplaces within one year.

He said he would remove that time limit in order to encourage negotiated settlements.

"There still will be the provision there ... that would allow you to go to the labour board if it's deemed someone is bargaining in bad faith or if someone isn't bargaining at all," McNeil

said before the speech.

He said the government's first bill would be aimed at breaking the monopoly of Nova Scotia Power on the province's electricity grid, a promise that was central in the Liberal's campaign platform. He said there would also be measures to tighten the rules and increase transparency on government loan programs to businesses.

Legislation to amend the act covering the government's information arm, Communications Nova Scotia, is also planned, along with an immediate and independent review of politicians' salaries and benefits, pensions, living allowances and other expenses, the speech said.

McNeil said the salary review would broaden a process that is already mandated.

He said a ban on the importation of hydraulic frac-

By the numbers

33

The throne speech was the first since the Liberals won last month's election, taking 33 of the legislature's 51 seats.

turing wastewater is needed because it doesn't make sense to take in that waste when there is a moratorium on fracking in the province while an independent review of fracking is underway.

McNeil said he wants to send a clear message to other jurisdictions where



Lt.-Gov. J.J. Grant shakes hands with Premier Stephen McNeil after delivering the throne speech at the legislature in Halifax on Thursday.

ANDREW VAUGHAN/THE CANADIAN PRESS

fracking is also a hot-button issue.

"If New Brunswick wants to do fracking or any other province wants to do fracking, don't look to the provin-

ce of Nova Scotia to deal with your fracking waste," he said.

The speech included the government's intention to create a new statutory holi-

day in February, something that had been championed in the past by Finance Minister Diana Whalen while she was in Opposition. She had submitted private member's

bills calling for such a holiday eight times.

The government has said the new holiday likely won't take effect until 2015.

THE CANADIAN PRESS

Opposition parties OK with talk, await the walk

Progressive Conservative Leader Jamie Baillie, whose party campaigned hard to scrap what he called politicians' "gold-plated pensions," welcomed the expanded review of the remuneration package for members in Thursday's

throne speech, but said he'd be looking for concrete action.

"It sounds good, but I want to see if it really leads to changes in the pension plan or not," said Baillie.

He said McNeil's promise to change the first contract

arbitration law falls short, calling it a compromise on a bill that should be scrapped because of its chilling effect on business.

NDP Acting Leader Maureen MacDonald said the throne speech was light on details and she expressed dis-

appointment that the Liberals plan to revise the labour bill.

"I think there is a false understanding of the impact of that legislation," said MacDonald. "No businesses have left Nova Scotia that I'm aware of." THE CANADIAN PRESS



Progressive Conservative Leader Jamie Baillie, left, adjusts his tie as Premier Stephen McNeil talks with reporters Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

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Cop guilty of obstruction of justice

Cape Breton. Const. Ron Williams to be sentenced June 9

A Cape Breton Regional Police officer's future with the local force now rests with the results of an internal review.

Const. Ron Williams, 39, of Sydney, was convicted Thursday on charges of breach of

trust and obstruction of justice.

Regional force spokesperson Desiree Vassallo said Thursday the internal review must be completed within 60 days and any decision on discipline rests with Chief Peter McIsaac, who can impose a range of discipline from a reprimand to dismissal. The review is conducted under the provisions of the Nova Scotia Police Act.

Should Williams disagree

Quoted

"He acted in bad faith in doing what he did."

Supreme Court Justice Simon MacDonald

with the penalty, he can appeal the decision to the Nova Scotia Police Review Board.

Williams, a patrol officer and 11-year member of the

force, has been on an unpaid suspension from the force since August 2011.

In a decision Thursday, Supreme Court Justice Simon MacDonald convicted the officer on both counts after hearing evidence in a lengthy trial earlier this fall.

The charges stem from an incident in May 2011 in which regional police received a complaint from a provincial liquor

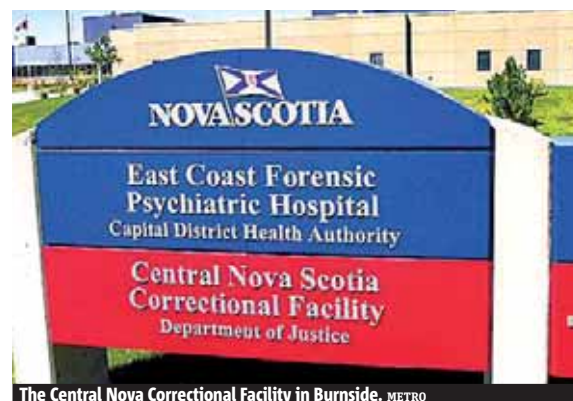
inspector concerning an impaired driver leaving the Royal Canadian Legion in Whitney Pier. Williams was instructed by his staff sergeant to investigate.

The judge concluded that Williams asked the on-duty jailer, Todd MacKay, to call the suspected driver and advise that police would be coming to his home and not to answer the door. **CAPE BRETON POST**



The judge in Williams' case also ruled he changed a report dealing with the incident. **CAPE BRETON POST**

Burnside. HRM cops called to break up apparent jail-guard scuffle



The Central Nova Correctional Facility in Burnside. **METRO**

Police are investigating an alleged assault at the Central Nova Correctional Facility in Burnside that didn't involve inmates, but two jail guards.

Halifax Regional Police spokesperson Const. Pierre Bourdages says they received a call at 11:30 a.m. Thursday about an assault in progress at the jail.

Bourdages wouldn't say

who was involved, but a justice department spokesperson confirmed the alleged assault involved two corrections workers.

However, Gary Andrea wouldn't comment on what had led to an altercation, only that the matter has been handed over to police.

No one was injured and there have been no arrests.

METRO

1 death in fatal collision

Charges laid in Grand River crash

RCMP have charged a teen-aged girl in connection with a fatal crash in Grand River last June.

The single-vehicle crash on June 21 injured five of the six people in the car, and 17-year-old Allan Lafford of the Potlotek First Nation Reserve passed away as a result.

The 16-year-old driver is charged with operating a motor vehicle with too many people in the vehicle, operating a motor vehicle without an experienced driver in the passenger seat, and driving in a careless manner. **METRO**

Mill Village man dead

Victim of crash in Lunenburg identified

RCMP have identified the man killed in a two-car crash in Lunenburg County.

A van and SUV collided head-on around 4 p.m. Wednesday on Highway 103 between exits 14 and 15.

Police say the driver of the van, George Warner Smith, 73, of Mill Village in Queens County was killed. A female passenger and the male driver of the SUV were both hospitalized with serious injuries. **METRO**



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'It's about ... trying to keep these very good jobs in Nova Scotia'

Tech workers look for leads. Province hosts job fair in wake of widespread BlackBerry, Convergys, Xerox layoffs

GEORDON OMAND
halifax@metronews.ca

Hundreds of job seekers crowded the BMO Centre in Bedford on Thursday in hopes of impressing employers at a tech industry career fair.

The event — hosted by Nova Scotia's Department of Labour and Advanced Education — was prompted by layoffs from floundering telecommunications company BlackBerry, but was expanded to accommodate recent job losses at Convergys and Xerox.

"It's about looking at try-

ing to keep these very good jobs in Nova Scotia," said organizer Cynthia Parsons.

About 350 prospective employees turned out to the event, meeting with more than 40 registered employers and employment agencies.

"I'm really gratified by the response," said Parsons. "It's kind of like having a party — you hope people will come."

Besides browsing the booths, the job fair also offered a popular speed interviewing session.

"It's fantastic," said attendee Rob Shortt. "It allows you to interact with a whole bunch of different companies in a very short time period."

Shortt worked for eight years with BlackBerry before losing his job earlier this week.

But by midday Thursday he said he had found several promising job leads.

"It gets the human aspect



Laid-off tech workers share their thoughts on working in Nova Scotia during a job fair in Bedford on Thursday following widespread industry layoffs. GEORDON OMAND/FOR METRO

of employment, rather than just sending your resume to an email address or filling out

a form on a website," he added. "You get to talk to someone and hopefully make that

kind of personal connection." IBM, CIBC and Eastlink were some of the big-name

Followup

Job fair organizers said they plan to follow up with employers and employees in 2014 to better measure the event's success.

employers at the event. Smaller companies and government agencies were also present, including InnovaCorp, a government agency that provides resources to tech professionals interested in starting their own companies.

"I came here at 11 a.m. and saw a full house, which was beyond my expectations," said Jennifer Liu, a spokeswoman and project co-ordinator with InnovaCorp. "It's definitely a good opportunity for us to be able to present here."

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Mic Mac Mall, which includes Winners, will be open bright and early on Friday. JEFF HARPER/METRO

Black Friday gaining momentum in Halifax

Ready, set ... Local retailers offering plenty of opportunities for sweet deals

Retailers around HRM are jumping on the Black Friday bandwagon with unabashed vigour this year, seeking to capitalize on the shopping fever generated by the American Thanksgiving weekend.

Mic Mac Mall will open at 7 a.m. Friday, while the Halifax

Shopping Centre will offer big savings at participating stores throughout the weekend. Most major retailers are also offering special events and discounts to entice shoppers to start working on their Christmas list.

"It's trying to get people to front-load their shopping and get them to do it earlier, lengthen the period, and make you feel like it's a competition and they're fighting hard for your awareness and your dollars," said Dan Shaw, a marketing lecturer at Dalhousie University's Rowe School of Business.

Quoted

"The consumer goods business has heated up, so everybody's trying to get their edge."

Dan Shaw, Dalhousie University marketing & consumerism expert

Although Canada's retail sector is fiercely competitive, Shaw said Black Friday will never reach the intensity here that it does south of the border. "The number of people go-

ing home and seeing family and getting together is bigger on American Thanksgiving than Christmas, so you're going to have more of a focus on it," he said.

He added that shoppers should spare a thought for small and medium-sized businesses that can't compete with big-box counterparts.

"It's tough for those people," he said. "Even convenience stores, they're feeling the pinch on a day-to-day basis, it's harder and harder to compete."

RUTH DAVENPORT/METRO

Pictou County. Car-surfer slapped with two-year conditional sentence

A local provincial court judge sent a message Wednesday that people who are guilty of property crimes had better be prepared to do some time.

Judge Del Atwood said during the sentencing hearing of Ernest Paul Majcan, 20, who pleaded guilty to 13 charges related to car-surfing, that these types of crimes are no longer going to be categorized on the low end. "Car-surfing offences shatter people's confidence in the safety of their community," he said. "There was time in Pictou County where people could leave the doors of their homes unlocked. There was a time in Pictou County when people

Quoted

"Offences of this nature will not be tolerated in this community."

Judge Del Atwood

could leave the doors of their vehicles unlocked, the keys in the ignition, and everything would remain untouched. Now that is simply not the case."

Atwood said the rash of car-surfing cases before him has been steadily increasing so a "remarkable and significant message" of deterrence needs to be sent. **NEW GLASGOW NEWS**

Forensic hospital. Police looking for missing patient

Authorities are asking the public for help in tracking down a patient missing from a Dartmouth hospital.

Vladimir Trubman, 50, failed to return to the East Coast Forensic Hospital after one of his "indirectly supervised" trips into the community, according to a news release from Capital Health.

The release said Trubman's "risk to himself and others increases with time away from medication and treatment."

Police believe he may be travelling outside the province. Trubman is under six feet tall and weighs 240 pounds.

The public is asked to con-



Vladimir Trubman
COURTESY OF CAPITAL HEALTH

tact their local police with any information that may be helpful in locating the missing man.

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metro

10

metronews.ca
WEEKEND, Nov. 29-Dec. 1, 2013

Tens of thousands left powerless in N.S. due to storm

**Howling winds,
fallen trees.** Workers
were still trying to get
power for some by
late Thursday

A storm that lashed Atlantic Canada with driving rain and high winds left thousands of customers without power Thursday.

Crews were working to restore electricity in Nova Scotia throughout the day, where more than 38,000 customers were coping with blackouts at one point.

Fewer than 5,000 customers were without power in New Brunswick by early morning. Outages were also reported in parts of Prince Edward Island and Newfoundland and Labrador.

Winds could be heard howling throughout the night in Halifax, where power was knocked out in parts of the city, including its downtown.

The RCMP in Nova Scotia say they received 40 calls for fallen trees on highways, along with downed power lines and power poles on fire.

There were no reported injuries.

The storm also forced the cancellation of some



A Metro Transit ferry rocks on the heavy waves in Halifax Harbour on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

flights and ferry sailings in the Atlantic region. The confederation bridge between P.E.I. and New Brunswick restricted certain vehicles, including tractor-trailers and buses, from crossing the span due to strong winds.

The storm was expected to continue hammering Newfoundland and Labra-

dor on Thursday, with winds gusting up to 130 kilometres an hour on the island's west coast.

Environment Canada was also warning of high waves and pounding surf along the south coast, where upwards of 110 millimetres of rain was expected.

THE CANADIAN PRESS

One-year terms

Halifax school board elects chair, vice-chair

Members of the Halifax Regional School Board have elected veteran member Gin Yee as chair for the second year in a row.

"It has been an honour to serve as the chair for the past year and I look forward to building on the good work we have started," said the Dartmouth Centre-Dartmouth North representative in a release.

Lower, Middle and Upper Sackville-Beaver Bank and Lucasville representative Dave Wright was also elected vice-chair during the meeting on Nov. 27.

Both positions are for one-year terms. **METRO**

They're #1. CBC Radio tops listener market in Hali

Listeners in Halifax continue to favour CBC as their No. 1 choice for radio.

The public broadcaster attracted 15 per cent of radio listeners this fall, according to statistics released on Thursday by BBM, Canada's broadcast ratings tracker.

Trailing the CBC was country and western music station FX101.9, at 12 per cent.

C100 and Q104 tied for third place, each with about 10 per cent of listenership.

While listener-share for the top stations has remained relatively constant since the beginning of the year, 89.9 The Wave jumped more than six percentage points to eight per cent of the market since it began broadcasting classic hits in the summer.



The CBC radio building in Halifax.
METRO FILE

By contrast, Radio 96.5 dropped from about 10 to five per cent of the market share after it switched to playing adult alternative music, also in August.

These statistics reflect listeners over 12 years of age tuning to a station for at least 15 minutes. **METRO**

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Duffy audit. Tories block key witness on alleged interference

Conservative senators blocked a bid Thursday to have a key figure from the audit firm Deloitte testify about alleged interference into the review of Sen. Mike Duffy's expenses.

The move came as the Senate's internal economy committee heard from three other Deloitte partners about the audit they had done into Duffy's living claims between February and May.

Deloitte's Gary Timm confirmed what had been revealed in a police report last week — that Michael Runia, one of the firm's managing partners, called him to inquire about the Duffy audit. Runia was not a member of the audit team.

An RCMP court filing last week revealed that Runia made the call at the request of Conservative Sen. Irving Gerstein, who in turn had been prompted by the Prime Minister's Office.

"As I indicated before,

he wanted to know if Sen. Duffy were to repay (his expenses), how much would it amount to," Timm said of Runia.

"I said I couldn't tell him, I couldn't disclose any confidential information to him — that was the gist of the conversation."

Timm said that he notified others at the firm about the call, but no report was made back to the Senate committee — Deloitte's client — about the matter.

When Liberal Sen. George Furey later moved to have Runia appear to answer questions, Sen. Gerald Comeau, the Conservative chairman of the committee, ruled against him, saying it's not the committee's job to conduct police-style investigations.

A subsequent vote, which included Comeau's Conservative colleagues, upheld the ruling, much to Furey's disappointment.

THE CANADIAN PRESS



Sen. Mike Duffy arrives to the Senate on Parliament Hill back in October.

ADRIAN WYLD/THE CANADIAN PRESS

G20 summit

U.S. spied and Canada knew about it: CBC

The defence minister is standing by the national eavesdropping agency amid new allegations of spying on world leaders on Canadian soil. Documents leaked by a former spy contractor indicate the United States conducted widespread surveillance at the Toronto G20 summit in 2010 — and CSEC knew about it. THE CANADIAN PRESS

Ashley Smith case

'Tortured' in prison, mom says

More than 10 months of testimony into the videotaped choking death of a teenager in her segregation cell have done little to shake her mom's view that Canada's prison system abused her daughter. Speaking after final submissions wrapped up at the Ashley Smith inquest, Coralee Smith said it would be unfair to lay responsibility for the tragedy at her daughter's feet. THE CANADIAN PRESS

Privacy czar questions cyberbullying bill's 'lack of accountability'



Privacy commissioner Jennifer Stoddart is shown in Ottawa on Nov. 25, 2010. SEAN KILPATRICK/THE CANADIAN PRESS

Investigative powers.

The bill would give police new tools to track and trace telecommunications

The federal privacy commissioner says she has questions about the government's cyberbullying bill — including the lack of accountability and reporting mechanisms to shed light on new investigative

powers.

Jennifer Stoddart issued a statement following an outpouring of concern from civil libertarians that the bill tabled last week goes too far in expanding police powers to probe online behaviour.

The bill makes it illegal to distribute "intimate images" without consent and easier to have such pictures removed from the Internet.

But the legislation also updates production orders and warrants for the digital age, and would give police new

tools to track and trace telecommunications to determine their origin or destination.

Stoddart's office wants to know more about the new investigative powers and the thresholds for their use.

She says her office also has questions about the potentially large number of "public officers" who would be able to use these significant powers.

The government insists the measures are needed to help authorities keep pace with modern technology.

The commissioner's office

says it will share more comprehensive comments on the bill with Parliament.

"We recognize that law enforcement authorities need up-to-date tools to fight online crime at a time when technologies are changing rapidly," Stoddart says in the statement, "but this must be done in a way that respects Canadians' fundamental right to privacy."

Stoddart leaves the commissioner's post next week. Chantal Bernier of her office has been named interim commissioner. THE CANADIAN PRESS

Mayor's drug admissions could spell trouble at the U.S. border

Toronto Mayor Rob Ford says he wants to attend the Winter Classic hockey game near Detroit. He may not get past Windsor.

Ford's admission that he smoked crack cocaine in the last two years leaves him with a border problem. While he might still be granted entry into the United States — applications are handled on a case-by-case basis — he could also be re-

jected, according to the U.S. government and a Toronto immigration lawyer.

Under U.S. law, the mere admission of illegal drug use — in Ford's case, an admission broadcast far and wide on American television — is grounds for a Canadian to be turned away at a crossing. The absence of criminal charges, let alone a conviction, doesn't matter.

TORSTAR NEWS SERVICE



Toronto Mayor Rob Ford puts on a pair of sunglasses handed to him at the Austin City Limits festival in Texas in this October file photo.

DANIEL DALE/TORSTAR NEWS SERVICE

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Dumped in the desert. Female protesters in Cairo beaten by police

A harrowing night this week underscored for three prominent female Egyptian democracy campaigners how little has changed — and why they and other activists are opening a new, non-Islamist protest front against the military-backed government installed after the July 3 coup that ousted Islamist President Mohamed Morsi.

The three — Rasha Azab, Mona Seif and Nazly Hussein — and 11 other women were beaten and dragged off by police during a Cairo protest. In the middle of the night, the women were piled into a police truck and driven through the desert outside Cairo. Then the police abandoned them on a dark, remote highway.

"The girls were shaken," said Azab.

Azab was still in pain from being beaten by police on the back. Seif was limping from blows to her leg. Hussein said she was beaten in the police station before the desert

drive when she tried to help a woman being dragged down the stairs by her hair.

"Our beating is nothing," said Azab. "Today we will go to sleep, wake up and continue our fight with authorities again."

In Egyptian media, security officials denied any women were beaten or dumped in the desert — despite amateur footage of beatings. Pro-military TV stations, which praised activists and protesters who rose up against Morsi, now dismiss the same protesters as trouble-makers.

THE ASSOCIATED PRESS



Nazly Hussein THE ASSOCIATED PRESS

HIV research. Federal government pledges \$10.7 million to find cure

The federal government has earmarked \$10.7 million for new research aimed at finding a cure for HIV as part of the global effort to eradicate AIDS.

Health Minister Rona Ambrose announced the five-year funding Thursday for two projects led by researchers in Montreal.

Dr. Eric Cohen at the Institut de recherches cliniques de Montreal will receive the bulk of the funding — \$8.7 million

— to lead the Canadian HIV Cure Enterprise. That project is a collaboration of the country's leading HIV researchers aimed at finding new approaches to curing HIV infection.

Dr. Hugo Soudeyns at the Centre hospitalier universitaire Sainte-Justine will receive \$2 million to head a project focused on curing babies and children who acquire HIV from their mothers during pregnancy. THE CANADIAN PRESS

Mental health. Government can't explain recent soldier suicides

Beyond expressions of sympathy, the Harper government and the Canadian Forces appeared at a loss Thursday to explain a number of suicides this week among veterans of the war in Afghanistan.

The latest case involved a senior non-commissioned officer at Canadian Forces Base Petawawa, northwest of Ottawa.

The army identified him

as Warrant Officer Michael McNeil of 3rd Battalion, Royal Canadian Regiment. Since the death occurred on the base, military police are investigating.

A Defence Department investigation into two other deaths in Western Canada is currently underway, a sombre and visibly moved Defence Minister Rob Nicholson told the House of Commons. THE CANADIAN PRESS

Challenges ahead for HIV survivors

Stigma. Long-term survival rates are high, but aging sufferers face prejudice, anxiety and depression

KIERON MONKS

Metro World News in London

By 2015, half of the people living with HIV/AIDS in the West will be over 50. Given that the pandemic has claimed more than 35 million lives and was until recently considered a death sentence, long-term survival on this scale seems miraculous.

"There was a 'Lazarus effect' when retrovirals arrived in the 1990s," says Alice Welbourn, 55, first diagnosed with HIV in 1992. "People were getting up out of wheelchairs and the funerals stopped — it was amazing."

After diagnosis, it took a support group to stop Welbourn from killing herself. More than 20 years later, the British native is fit and healthy with an "undetectable viral load." She takes daily medication but is in no danger, and dedicates herself to promoting awareness around the condition, and its hidden dangers.

Isolation remains a problem, as people with HIV often struggle with relationships. "Attitudes haven't changed," says British-Italian Silvia Petretti, 44, who was diagnosed aged 30 and is perfectly healthy. "If I start a relationship I have to persuade them a) I'm not going to die, and b) I'm not going to infect them."

Isolation contributes to around 75 per cent of HIV sufferers experiencing mental

health problems, according to the HIV and Later Life (HALL) project, the first major study into HIV and aging.

"High levels of anxiety and depression is concerning," said lead investigator of the study Professor Damien Ridge of the University of Westminster, U.K. "Many people said they need to talk about their HIV. But that's difficult when friends and family don't know what's happening due to stigma."

The study documents widespread rejection from family and friends, who associate the condition with homosexuality and drugs. People with HIV often internalize stigma and shame, says Petretti, who is also deputy chair of charity Positively U.K. "Often they feel they deserve to be rejected."

Petretti believes the current generation "owe their lives" to the first generation of people infected in the 1980s, whose campaigning led to the medical breakthroughs that made survival possible. She is inspired to continue their work.

"Any social movement relies on the people directly affected — as with civil rights or the suffragettes," she says. "Nothing will happen without us, which is why we need more solidarity."

Petretti works to extend support networks in countries in Eastern Europe and Africa, where education is suppressed and the epidemic spreads.

Both Petretti and Welbourn describe themselves as a test generation, the guinea pigs for new, unpredictable treatments. They hope that the next generation can beat the prejudice.



Silvia Petretti, deputy chair of Positively U.K., works to extend support to countries in Eastern Europe and Africa where education is suppressed. COURTESY SILVIA PETRETTI

Argentina

Clash outside Monsanto plant

Argentine union members have clashed with environmentalists protesting the construction of a plant by U.S.-based seed giant Monsanto.

Local media report they came to blows outside the plant in Córdoba province Thursday.

Environmentalist Vanina

Barboza charges in comments to local TV that workers from the Argentine Construction Union attacked the protest camp near the plant, injuring activists and stealing personal objects. Monsanto executive Adrian Vilalba accuses the environmentalists of destroying workers' cars.

Construction of the corn-processing plant was halted in October when environmentalists began disrupting entry of supplies.

THE ASSOCIATED PRESS

Macdonald House

Government sells London mansion

Canada has sold the historic London mansion that houses part of the Canadian High Commission for \$530 million to an Indian developer.

The government announced the sale of Macdonald House at One Grosvenor Square in London to the Mumbai-based Lodha Group.

Canada plans to consolidate its diplomatic activity at another historic property, Canada House on Trafalgar Square in the heart of London.

Foreign Affairs announced its plan to sell off diplomatic residences in March 2012 as part of a \$170-million, cost-saving effort. But analysts have said the plan would hurt Canadian diplomacy as the government seeks to deepen trade. THE CANADIAN PRESS



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Sickweather.com. New iPhone app warns of proximity to disease

Don't expect to find "Bieber Fever" or "drunken stupor" on a new iPhone app that issues real-time alerts when you are approaching a large mass of unwell people.

You can, however, find when you're entering a sick zone rife with asthma, bronchitis, chicken pox, common cold, cough, croup, ear infection, fever, and plenty of other maladies.

Baltimore-based Sickweather.com has just launched an iPhone app that filters through social media comments on Twitter, Facebook and Apple's notification and geofencing technologies to issue real-time notifications on phones, warning of closeness to disease areas.

It's available in the App Store as a free download.

"It's a neat idea," says Abe Oudshoorn, an assistant professor of nursing at The University of Western Ontario in London.

Oudshoorn, who teaches community-health planning, says he expects this sort of information sharing to grow.

"It's not going to go back-

wards," Oudshoorn says. "We're not going to see the decline of data. We're going to see continuous new platforms for sharing data."

Oudshoorn says there are now minimal mandatory requirements for the public reporting of health data which creates openings for private sharing of health information.

"We need everyone to be a more active participant in their own health," Oudshoorn says.

The system picks up on social media comments like, "Ugh, I have the flu" or other such references for its alerts.

There was a need to filter out "Bieber Fever" and "Dance Fever" from ailments of a medical nature.

So far the system only tracks ailments in English, but it's expected they'll add Spanish and French.

Graham Dodge, Sickweather.com's co-founder and CEO hopes to make the app available on Android phones early in 2014.

TORSTAR NEWS SERVICE



Heading into a flu-ridden area? A new iPhone app could warn. GETTY IMAGES

Crash survivor hopes for future in Canada

Juan Jose Ariza. He survived a wreck near Stratford, now he's awaiting word from Ottawa on his status



SCOTT
TAYLOR

Metro in London, Ont.

Juan Jose Ariza survived a collision that killed 10 people outside of Stratford in February 2012. He spent the following 18 months in agony willing his broken body to heal in a London long-term care facility.

But the one foe he hasn't been able to beat is the Canadian government.

Not yet, anyway.

Ariza and 12 other migrant workers had finished their shift of vaccinating chickens when their extended van ran a stop sign and was crushed by a truck driven by a London man, who also died.

Only Ariza and two other workers survived the carnage.

While recovering, Ariza was separated from his wife

and young son. His work visa had expired and he wasn't going to be granted another one due to his injuries.

That meant that if he left the country, he would likely not be allowed to re-enter it again.

He wanted to bring his wife Edith and son Flavio here on humanitarian grounds because his injuries occurred while working in this country.

He took English lessons with the goal to find a job.

Federal Citizenship and Immigration Minister Chris Alexander wasn't immediately available to comment. However, London North Centre MP Susan Truppe, who's been working on behalf of Ariza, said there's reason to be optimistic.

"The time frame on humanitarian or compassionate grounds is 32 to 40 month, so he's right about at the half-way mark. He hasn't been turned down and the file is still active, so things are moving along well."

"I can't find a job in Peru and I can't give a future for my family," said Ariza.



Juan Ariza with wife Edith and son Flavio. CONTRIBUTED/METRO

Tragedy

The crash happened Feb. 2, 2012.

- It occurred Hampstead, Ont., about 20 km north-east of Stratford.

- 11 died including London truck driver Chris Fulton and 10 migrant workers.

- The survivors: Juan Ariza, 36, Javier Alba, 39, and Edgar Sulla-Puma, 27.



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Foreskin fight rages in Israel

Long-standing debate. Uproar follows after religious court penalizes divorced mother for refusing to circumcise son

An Israeli rabbinic court has fined a woman hundreds of dollars for refusing to circumcise her baby son, officials said Thursday, in a landmark case that has sparked a new uproar over the role of religion in the Jewish state.

The case shines a spotlight on a long-running debate over religious coercion in Israel,

Theocracy charge

"(It's) dangerous for democracy.... It turns the government into a theocracy."

Said Ronit Tamir, anti-circumcision activist. Most Israelis are secular, but founders gave Judaism a formal place in the nation.

where generations of leaders have struggled to find a balance between the country's Jewish and democratic character.

The matter ended up in the rabbinic court as part of an ongoing divorce battle. The woman announced her refusal to circumcise the boy, saying

she did not wish to harm him. The Israeli rabbinate's high court ruled last week the circumcision was for the child's welfare and that the woman must pay the equivalent of nearly \$150 each day she refuses the circumcision.

"The decision is not based only on religious law. It is for the welfare of a Jewish child in Israel not to be different from his peers in this matter," said Shimon Yaakovi, legal adviser to the rabbinical court. He said it was the first time a religious court in Israel has punished a parent for refusing to circumcise. A year ago, a civil court also ruled in favour of circumcision in a dispute.

THE ASSOCIATED PRESS



Israelis protest Thursday in support of a woman who refuses to have her son circumcised. ODED BALILTY/THE ASSOCIATED PRESS

Alberta

Flooded Calgary zoo reopens

Hundreds of grownups and children pressed up behind a purple banner Thursday as they waited for the chance to reconnect with furry, feathery, scaly, leathery and other friends at the Calgary Zoo.

Mayor Naheed Nenshi ripped cut a banner that read: "Welcome Back. We're Open." He officially threw wide open all doors to the zoo five months after it was shut down by major flooding. "It was devastation to one of the most special places in our city," said Nenshi.

THE CANADIAN PRESS

RCMP. Cop told not to use medical pot in uniform; force policy under review

The case of a New Brunswick Mountie who's reportedly been told he cannot smoke the drug while in uniform underscores the need for employers to better understand medicinal marijuana, an advocate for medical cannabis said Thursday.

Adam Greenblatt of the Canadian Association of Medical Cannabis Dispensaries, said the RCMP should allow Cpl. Ron Francis to smoke in uniform providing he is not impaired. "If this officer was a diabetic, would they prevent him from using insulin

on the job?" Greenblatt said.

Francis told the CBC that there's no policy in the RCMP that prevents him from smoking his doctor-prescribed marijuana in public or while wearing his uniform. Their report said Francis is assigned to administrative duty. He uses pot to treat post-traumatic stress disorder.

RCMP deputy commissioner Gilles Moreau told CBC Francis should not use marijuana in uniform and the force is reviewing its internal policies on the matter.

THE CANADIAN PRESS

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Non-believers start their own global church

Our father, who art in England? Atheist collective claims to be the fastest-growing church in the world



KIERON MONKS

Metro World News in London, U.K.

The Sunday Assembly started small in 2012, hosting monthly ceremonies at a de-consecrated church in a chic London, England, suburb. Founded by comedians Sanderson Jones and Pippa Evans, the events sought to combine the warmth of a congregation with irreverent entertainment, featuring songs and life-affirming lectures.

As word spread, the assembly became a community of active participants, inspired by the mantra of “live better, help often, wonder more.” The local city council reclaimed their venue, but the assembly, undeterred, found new homes across London, the United Kingdom and beyond, as eager followers joined the movement and



Come for the service, stay for the coffee: Standup comedians turned humanist ministers Sanderson Jones and Pippa Evans lead London, England's leading atheist church, the Sunday Assembly. NICK CUNARD/METRO WORLD NEWS

founded their own chapters. In the past two months, affiliated Sunday Assemblies have opened in 22 cities across five countries.

The creators deny that their idea has become another religion; they say they simply wish to provide the social hub missing in many godless communities. “We

are born from nothing and go to nothing. Let's enjoy it together,” proclaims the first of their 10 “commandments.”

The Sunday Assembly now claims to be “the fastest-growing church in the world,” citing a “3,000 per cent growth rate” in the past year. Jones and Evans have

spent much of 2013 on tour — from the U.S. Bible Belt to the Australian outback — that will extend the reach further still.

The movement has not been without its critics, and the comedians are frequently heckled in traditionally religious areas, but the concept is now firmly established.



Minister Sanderson Jones addresses the crowd. NICK CUNARD/METRO WORLD NEWS



The congregation at a Sunday Assembly service.

NICK CUNARD/METRO WORLD NEWS

University prof. lets students duke it out on Twitter



University of Windsor professor Ryan Snelgrove is integrating Twitter into his classes.

COURTESY UNIVERSITY OF WINDSOR

For University of Windsor prof. Ryan Snelgrove, integrating Twitter into his classroom is all about respect.

“If I’m not respecting the way students like to interact, then I’m not meeting them where they need to be,” the Ontario kinesiology professor said.

Snelgrove teaches a sports ethics class of more than 200 students. The first-year course involves weekly debates about relevant topics, ranging from violence in hockey to performance-enhancing drugs.

During the debates, students are asked to broadcast their ideas over Twitter. Snelgrove monitors the tweets and then records them later for participation marks.

Snelgrove believes the tactic has led to more stimulating in-class discussion, but he said the real pay-off is watching students carry on the debate after the bell has rung.

“I get tweets all the time about stuff that happens in the news, or students will react to something I tweet out at night.

Taking responsibility

“If I’m not respecting the way students like to interact, then I’m not meeting them where they need to be.” Prof. Ryan Snelgrove

It’s helping them stay engaged and learn the material in a different way.”

It’s also led to an increase in participation, he said, particularly from students who

aren’t comfortable speaking in public.

This semester is the second time Snelgrove has run the course using Twitter, and he says that the feedback — from both students and faculty — has been uniformly positive.

“I get comments from students throughout the year saying how much they enjoyed the approach,” he said.

In fact, after teaching over 400 students, Snelgrove said only one has asked to opt-out

from using Twitter. They were marked on their traditional in-class participation instead.

Overall, the experience has taught Snelgrove that panic about social media’s impact on literacy and learning are misplaced.

“I don’t think people give young people enough credit,” he said. “Just because they speak one way on Twitter doesn’t mean they speak the same way in class or in an essay.”

LUKE SIMCOE/METRO ONLINE

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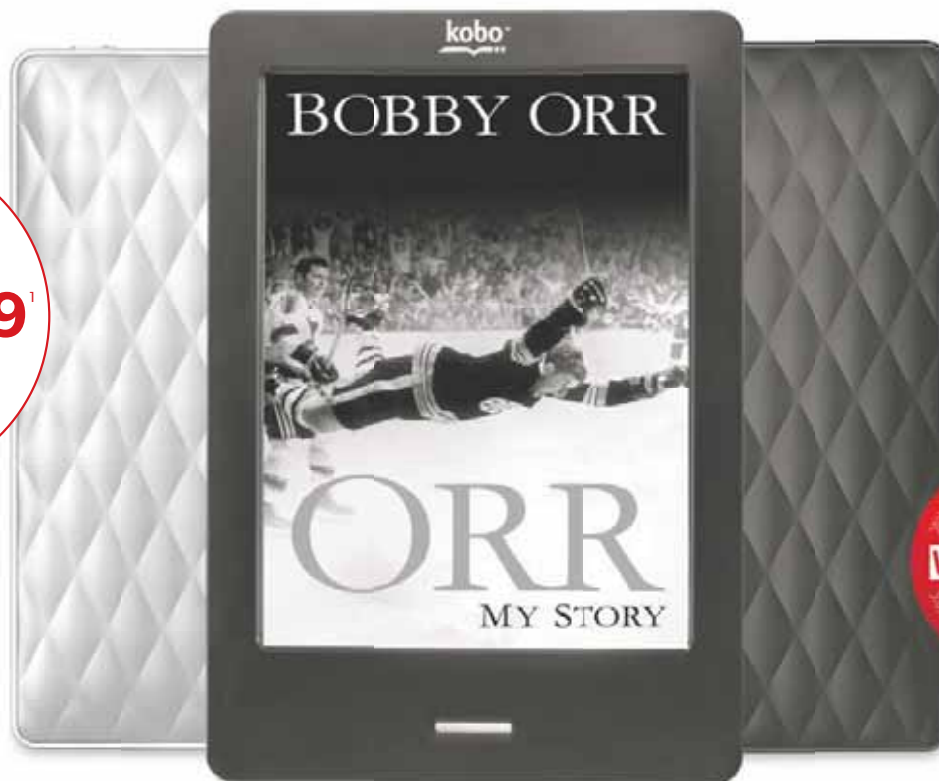
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From war to the model life

Healthy change.

Meet the London, Ont., retail manager who swapped a Syrian refugee camp for fitness and physique contests



MIKE DONACHIE
Metro in London, Ont.

Canada offers many opportunities, but for one arrival from the troubled Middle East the change has been especially profound.

"In my culture, you're not even allowed to wear a bikini," said Saadiya Ghanem. "My parents were shocked."

Once, she was an Iraqi refugee in a camp in Syria. Now she's heading to Canada's national championships for fitness enthusiasts — in bikinis.

Ghanem, 29, a retail store manager in London, Ont., has earned a place in the Bikini, Figure, Fitness and Physique Championships in Edmonton next July. She qualified at a provincial contest in Toronto after beating 25 other women in a local competition.

When she was five years old, soon after Iraq invaded Kuwait, Ghanem was woken late at night by her parents.

"My dad was going to be taken away from us to be



Saadiya Ghanem, who left a refugee camp in Syria for a new life in Canada. MIKE DONACHIE/METRO IN LONDON, ONT.

put in the army," she said. "He knew he wasn't going to come back. We decided one night that we needed to leave."

So they did. It was a six-hour walk in the rain, at night, but eventually they found themselves in a refugee camp. They stayed there for nine years.

It was basic, said a tearful Ghanem, with almost no health care and little education. She helped her mother as best she could but when the Canadian government

sponsored them to come to Canada as refugees in 1999, the family of seven children and two adults jumped at the chance.

It was, of course, life-changing.

"There are just so many things that are better about Canada that I can't even name," said Ghanem, who was then 17. "The people here are amazing. There's so much more freedom."

And that freedom includes the chance to take

part in the contest that sees people judged on fitness and physique.

It's different from bodybuilding, says Ghanem, because it's not so much about muscle. She says it's all about health, and she owes her health to Canada.

She said: "When I arrived in Toronto and got in the taxi, I was like, 'Wow.' It was like something I never thought I would see."

"I thought I would be in the camp forever."



Ghanem ready for competition.

CONTRIBUTED

Bikini body takes discipline

Eating for health

Saadiya Ghanem eats five times a day. Breakfast is eggs, toast and peanut butter and she follows it mid-morning with a protein shake and some almonds.

Lunch is chicken, sweet potatoes and unlimited greens, with another pro-

tein shake mid-afternoon. Supper is chicken, fish and more greens.

Once a week, Ghanem takes a day off and eats whatever she wants. She likes burgers, fries and cheesecake.

She also takes supplements made by her sponsor, SD Pharmaceuticals, including green coffee beans. **MIKE DONACHIE/METRO IN LONDON, ONT.**

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Daredevil comet vanishes around the sun

Possibly pulverized.

Scientists unable to see ISON emerge from kamikaze flight through solar atmosphere

Scientists say it appears a comet from the fringes of the solar system didn't

survive its close encounter with the sizzling sun.

Images from NASA spacecraft showed Comet ISON approaching for its slingshot around the sun on Thursday, but nothing coming out on the other side.

In a Google+ hangout, U.S. Navy solar researcher Karl Battams said "ISON probably hasn't survived

The end

"ISON probably hasn't survived this journey"

Karl Battams, U.S. navy solar researcher commenting on images showing Comet ISON failed to emerge from a spin around the sun

this journey."

Phil Plait, an astronomer

who runs the "Bad Astronomy" blog, agreed, saying "I don't think the comet made it."

Still, he said, it wouldn't be all bad news if the 4.5-billion-year-old rock broke up into pieces, because astronomers might be able to study the pieces and learn more about comets.

THE ASSOCIATED PRESS



Comet ISON approaching the sun on Monday. AP PHOTO/NASA

Topiary willies. Prickly bushes mystify Windsor

Windsor, Ont., has a penis problem.

Over the past month, a phallic prankster has been vandalizing bushes along the city's riverfront, cutting them to resemble male genitalia.

The first incident happened Oct. 16. After pictures of the shrub surfaced on a local blog, the city immediately dispatched a landscaper to cut it back down to size.

"Whoever the individual was is quite talented, to be honest," said John Miceli, Windsor's director of parks and facilities.

A second prickly thicket appeared in the same location two weeks later, catapulting the story into international headlines. Even comedian Jimmy Kimmel tackled the salacious shrub on his late night show.

"Imagine being the gardener who has to circumcise a bush," Kimmel joked.

Although the second plant did bear a resemblance to the first, the city maintains it

wasn't the work of vandals.

"I think it's just someone's imagination," Miceli said at the time. "It's the same bush that's been there for 20 years, and I've been assured that it hasn't changed in appearance."

However, the lewd landscaping didn't stop there. On Nov. 21, someone dropped off a series of garland-covered letters spelling out the word "penis" on the riverfront.

Whether the most recent prank was the work of the original culprit, or simply a tribute, Miceli said his patience for penis jokes has worn thin. He's ordered staff to dig up the bushes in a "proactive" bid to prevent further hijinks.

They'll be replaced with tulips, which he believes will be harder to vandalize.

And if the guerilla gardener — or gardeners — have a fourth act planned, Miceli suggested they call him first, to see if the city can find another outlet for their talents.

LUKE SIMCOE/METRO ONLINE



These bushes in Windsor, Ont., will be replaced by tulips in a bid to curb gardening vandalism. LEFT: COURTESY THE WINDSOR SQUARE; RIGHT: TOM MORRISON/FOR METRO

Online privacy

Dutch watchdog: Google broke privacy law

A privacy watchdog said Thursday that Google has been breaching Dutch law on personal data protection since last year.

Jacob Kohnstamm, chairman of the College for the

Protection of Personal Data, said that Google's combining of data from different services to tailor ads and personalize services like YouTube "spins an invisible web of our personal information, without our permission, and that is outlawed."

The Netherlands is one of six European nations investigating Google's privacy policy. THE ASSOCIATED PRESS



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Getting off gadgets

Caught up in
a whirlwind

HILARIE CASH
Founder of reSTART
digital addiction
treatment center

When a gadget is running your life, it's an addiction. You're no longer in control of your life. And the truth is that most of us today are mildly addicted to our gadgets. Take a digital fast for a day, and if it's extraordinarily painful, you have an addiction.

The implications of this trend are huge. Young people, especially young men, are having trouble connecting in person. And even if you have great social skills, if you let them waver, you lose them.

It's as if we're caught up in a whirlwind and aren't able to think. We stop being interested in what's going on around us, whether it's in politics, the environment, or with our family.

Our collective infatuation is starting to look like a collective addiction.

ONLINE SLAVES

Digital addiction.

The Internet is central to our work and play, but it's also diminishing our free will



ELISABETH BRAW
Metro World News in London

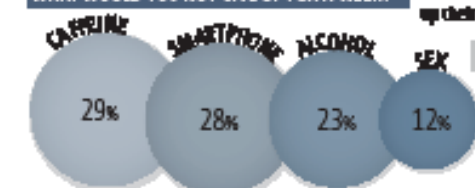
Sixty-two per cent of Canadians check their smartphones every hour, a new poll finds. And six per cent check them every 10 minutes.

But it's not just Canadians. Similar statistics from other countries show we're slaves to our digital devices.

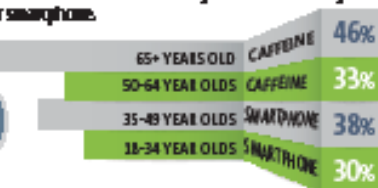
Think about your morning routine: Do you wake up, check your emails/Twitter/Facebook, then have coffee and breakfast? You're not alone.

Eighty-four per cent of Americans start their day by checking an app, says a survey by U.S. software company SOASTA. Sixty-seven per cent check their email, 45 per cent

WHAT WOULD YOU NOT GIVE UP FOR A WEEK?



Americans are more than twice likely to stop sex than give up their smartphones.



Source: Survey by Soasta, Metro-World News (April 2013)



check the weather, and 40 per cent log on to social media.

"Checking the weather online first thing in the morning, it's not so different than just listening to the news on the radio or looking at a thermometer," notes Rolf Nelson, a professor of psychology at Wheaton College, near Chicago. "The problem is when it becomes a compulsion and intrudes on other things we'd rather be doing."

"The difficulty many people might have is in stopping

themselves before it becomes a real waste of time. Checking if you got that email reply from a particular person changes to a half hour wasted playing Candy Crush."

Vili Lehdonvirta, a sociologist at the Oxford Internet Institute, has studied the ever-rising allure and utility of all things digital. "We're increasingly attracted to apps and websites because they are increasingly useful in our work, learning and social lives," she says.

"But it's reasonable to say that sometimes we're attracted ... for the wrong reasons: out of feelings of obligation, or impulsively, when the mind wanders, and we know we should be doing something else."

The Internet, in other words, is taking away some of our free will. We can say no to a friend, a dinner invitation, even a work assignment — but we're finding it hard to resist Candy Crush.



Outsmarted: Constant texting, emailing and using especially when we begin to view trivial things as

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5 ways to detach from your phone

Tech blogger shows what we gain when we (temporarily) lose our devices.

NOAH KRAVITZ, TECH BLOGGER AT FUTURESMAKTER.COM



Concentrate on another task

Consciously put the phone down now and then during another activity. For instance, I've fallen into the habit of using my phone while watching TV. Reminding myself to put the phone away and focus on the TV show helps me get out of the phone trance and benefit more from the show.

Start the day with your phone away

Do not reach for the phone first thing in the morning. Do something else first: make coffee, talk to your family/roommates, turn on the radio. Don't start your day off with screen time. Many people, myself included, charge their phones overnight on a bedside table so it can double as an alarm clock. That's great, but makes it too easy to reach for the screen first thing every morning.



Keep both hands on the wheel

Do not text and drive. Period. Mainly for safety reasons, but also to break the persistence of gadget time. Taking your eyes off the road is a decision you could deeply regret.

Give yourself some distance

If you generally keep your phone in a pocket like I do, at least once a day try placing it on your desk or a table/counter at home and just leaving it there for a while (15-30 minutes to start). You can keep the ringer on so you won't miss important calls or messages, but being physically separated from your gadget will help you understand just how often you reach for it out of habit.



Don't make a meal out of it

Don't use your phone during meal times. If you're alone, read a book or magazine or listen to the radio, or just be alone with your thoughts. If you're with a friend, put both of your gadgets away and talk to each other — for the whole meal.

apps on our smartphones turns us into addicts, obligations. GETTY IMAGES

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Don't be chicken-hearted — ditch meat: Activists are encouraging the public to be bold and stop eating meat, for the sake of the environment. GETTY IMAGES

Do humans really need to eat meat?

Food. A vegetarian world could look a lot healthier all around



**ELISABETH
BRAW**
Metro World News in London

Imagine if citizens could single-handedly take action to avert climate change. By doing so, they would save rivers and lakes, help the world feed its growing population, and get a lot healthier in the process.

The solution, say many environmentalists, is to stop eating meat. Its production accounts for 18 per cent of human-caused greenhouse gas emissions, according to figures from the Washington-based environmental group Worldwatch Institute. That's more than air travel, for example.

"Both animals and fertilizers emit greenhouse gases," notes Reyes Tirado, a scientist at Greenpeace. "And nitrogen and phosphorous from manure pollutes water."

Meat production currently takes up 75 per cent of the world's agricultural land, and causes deforestation as more and more land is needed to supply a growing population that maintains a meat-heavy diet.

If the planet is going to feed an expected population of nine billion by 2050, we need to use the land more efficiently. A

new study from the University of Minnesota says reducing consumption of meat and dairy by 50 per cent would help the world feed another four billion people.

But isn't it cumbersome to replace meat with protein from other sources? On the contrary. Most people in the developed world eat too much protein, most of it in the form of cheap, processed meat.

What's more, according to the Academy of Nutrition and Dietetics, a U.S. food-health body, a vegetarian diet is suitable at all stages of life.

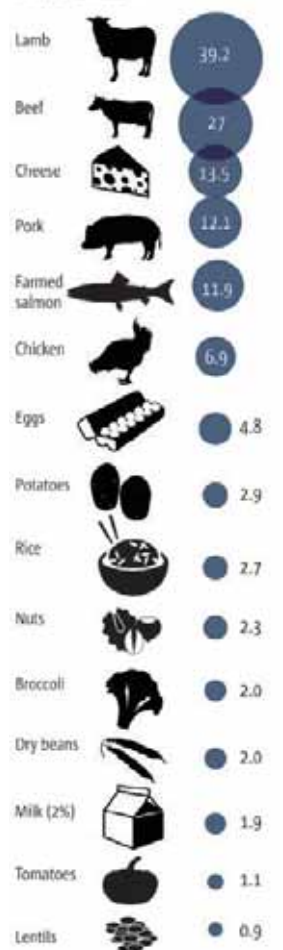
But what about the animals' benefits to pastures? These are marginal pluses compared to the weighty benefits of ending meat consumption. Also, the vast majority of livestock never graze in any pastures. "When people think of meat, they think of Old MacDonald's farm," notes Paul Shapiro, vice-president of farm-animal protection at the Humane Society.

"But more than 90 per cent of farm animals are confined to factory farms. They never see the sun, they never step on grass."

With the world's nations unable to reach consensus on several more clear-cut environmental issues, a global ban on meat is unlikely. However, unlike several climate-change initiatives, giving up meat is a decision that doesn't need government approval.

FOOD CARBON COUNTER

Greenhouse gas emissions (in kg) per kg of consumed food (includes emissions during processing, transport, retail):



Source: Environmental Working Group

Sorry, Old MacDonald

"More than 90% of farm animals are confined to factory farms. They never see the sun, they never step on grass." Paul Shapiro, a vice-president at the Humane Society

Birthing an online identity for your baby

Dot Complicated.

The Zuck's sister dishes out some dotty advice in her new book

For most expectant mothers, there's a fairly typical to-do list to tackle as the due date approaches.

When you're a member of the tech savvy Zuckerberg clan, the one linked to the world-changing Facebook empire, there's an entirely different set of important tasks that naturally comes to mind.

There's some preliminary Googling to do before settling on a name, and there are URLs, email addresses and social media accounts to register for.



Asher Zuckerberg, 2, already has his own website and email address. What about your toddler? IAN WALDIE/GETTY IMAGES FILE

Yes, Randi Zuckerberg — older sister of Facebook founder Mark — made sure she secured a website address and email address for her now two-year-old son Asher in preparation for his birth, and talks

about why she thinks it's so important in her new book *Dot Complicated*, a guide to managing the ever-changing demands of technology and social media.

THE CANADIAN PRESS

Focus on technology

CNRail launches \$10M safety plan

Canadian National Railway Co. says it's investing \$10 million in a special program to enhance its ability to detect equipment defects, such as hot wheels, and bearings in its rolling stock.

The Montreal-based company, one of North America's largest railway operators, said it's part of CN's efforts to improve the safety of its system.

THE CANADIAN PRESS

Recommendation. Ban federal instant messaging to preserve message trail

Canada's information watchdog is recommending a ban on instant messaging on federally issued BlackBerry's and other wireless devices because such messages evaporate so quickly, erasing part of the record. In a report, Suzanne Legault says instant messages are automatically deleted — usually after 30 days — meaning Canadians can't request them under the Access to Information Act. THE CANADIAN PRESS

Another hit to BlackBerry

Some 98,000 BlackBerry devices have been issued to government institutions.

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WEEKEND, Nov. 29-Dec. 1, 2013



Ever feel like you're being tracked at the mall? Turns out you might be, with retailers turning to technology to track shoppers in a bid to tailor the shopping experience to customers. SEAN GALLUP/GETTY IMAGES FILE

You're not paranoid, stores are spying on you

Online and IRL.

Retailers are tracking your movements using cookies, heat sensors and cellphone signals

Advances in technology have never made tailoring deals to shoppers this holiday season so easy — or so creepy.

Online stores have long tracked your movements on the web through cookies. And bricks-and-mortar stores have started tracking

He knows what you're buying

"You can't have Christmas anymore without big data..... You know that song where Santa knows when you've been sleeping? He knows when you're awake? That's where he's getting his information from."

Jeff Chester, executive director at the Center for Digital Democracy

you too — experimenting with heat sensors and monitoring phone signals to see which aisles are most popular. One product called "Shopperception" uses the same motion-detection technology in the Xbox Connect to pick up a custom-

er's movement, including whether they picked up a product only to return it to the shelf. In addition to analyzing customer behaviour, it can trigger nearby digital signs offering coupons and steering shoppers to certain products. **THE ASSOCIATED PRESS**

Random biz fact of the day

75%

75 per cent of job seekers use traditional networking to gather more information about a company. **CAREERBUILDER**

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 20

metronews.ca/temp

Wages

Equal work, equal pay

The Workers Action Centre is campaigning for equal pay as part of its advocacy for workers' rights, which includes approaching politicians and conducting online campaigns.

"Permanent workers are earning a lot more," said centre organizer Sonia Singh. "The typical statistic is that temp workers earn 40 per cent less than permanent workers."

"The government should include in the law that temp-agency workers receive the same wages as permanent workers when they are doing the same work." **MIKE DONACHIE/METRO**



THE CANADIAN PRESS

Race to the bottom

Government jobs no sure thing

Government temp jobs are no longer the coveted positions they used to be. Wages for temp workers in the public sector have fallen by up to 40 per cent since the feds started awarding contracts to the lowest bidder, according to the Association of Canadian Search, Employment and Staffing Services. **METRO**

Temp Figures It All Out

If you came here expecting a happy ending, that's exactly what you're going to get. It's a few months later, I'm now Mrs. Xu, there are twin Xus in the offing, and the twins will be in line to inherit over a billion dollars. I remind myself of this every time I think of the coffee room's Girl Guide chocolate-bar honour box, and how horrified I always was to find out staffers had shortchanged it, and how I paid out the difference from my own pocket.

What about TWK? Don't worry about the old gang — they're doing just fine. The building is now home to Mr. Xu's vanity project (and mine), which is to be the world's largest online retailer of vintage and high-end sneakers. Sarah No. 1 is once again in charge on online marketing development, and Sarah No. 2 is back developing e-commerce strategy. This time, their decisions will have a chance of being implemented and making some kind of difference.

With a slight romantic twist, Sarah No. 3, who I never really got to know, is seeing Kyle, who quit the refinery after a week spent inhaling its magic aromas. Kyle is now getting a full sleeve of ink on each arm and is in charge of "Branding Atmosphere," which means — I'll be honest — I have no idea what, but I'm just so glad he's no longer inhaling oil. I'll always have a soft spot for that loveable lunkhead who kind of flirted



with me, and who I kind of flirted with back when we were both younger and dumber.

The Danimal we now call "The Shaker" because we send him out doing anything that involves old-school middle-management people shaking each

other's hands: Conferences and land leasing and that kind of stuff. It's a remarkably effective category and he loves it. Dan and Chantelle split up quite amicably. Chantelle and Darren are engaged and living in the gated community together. Chantelle's lips have shrunk and she looks a tiny bit more human and promises not to get more work done.

And the happiest ending of all is for Kurt, the old guy by the stoplight, who now has his own office out by the delivery bay where his main task is to sit, enjoy life and maybe watch the Carpenters on VHS — he refuses to go online.

So maybe you entered this story expecting there to be a Boogeyman — someone who we can yell at, and whack with sticks like a piñata. But there is

Random fact of the day

The difference between poisonous and venomous animals: "If you bite it and you die, it's poisonous. If it bites you and you die, it's venomous."



SOURCE: WTFUNFACT.COM

Random biz fact of the day

98%

An overwhelming majority of job recruiters used social media to search for candidates in 2012.

SOURCE: WORKOPOLIS

The clock is ticking



PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

TEMP is... well, temporary

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still three days to catch up at temp.metronews.ca — before it is gone forever.

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RON BURGUNDY? COMING TO WINNIPEG

1 Tom Hanks. In the most random moment of 2013 possibly, Hanks showed up at the Grey Cup in Regina. Turns out he was there cheering on the Tiger-Cats with his L.A. pal Martin Short, a Hamilton native. Hanks wore a Ticats toque (and later a Riders toque), hung out with the Sheepdogs and sat in the chilly stands. Can we adopt him as ours?

2 Twitter and Time. This year, Time announced a unique new partnership with Twitter as part of their Person of the Year issue. Users can vote for their choice by tweeting with the hashtag #TIMEPOY. The readers' choice poll ends Dec. 4. So go ahead now and cast your vote for ... Miley?

3 Movember wrap up. I wore my mo proudly this year, and raised over \$1,000 to join Mo's Platinum Club. One of the feel-good stories of this year was three buddies who cycled from Vancouver to Toronto and raised nearly \$100,000 for Movember in their Moustache Ride Across Canada. Amazing guys, amazing cause.

4 @bOringtweets. Who would think that a boring Twitter account would be a hit? But it is. Its nearly 140,000 followers get tweets like "I've just looked at something," "I've



THE METRO LIST
Neil Morton
metronews.ca

just signed for a parcel for next door," and "I hope I dream about cardboard again. That was one crazy dream." I would keep giving you examples, but I have to watch paint dry.

5 Ron Burgundy. Will Ferrell's fictitious Anchorman character will be in Winnipeg this Sunday covering Canada's Olympic curling trials dubbed Roar of the Rings for TSN. They should consider hiring Burgundy permanently: Ratings would go through the roof.

6 Toronto + Bon Jovi = NFL? Toronto football fans were living on a prayer wondering whether their city would ever get an NFL franchise, but thanks to Bon Jovi, that might become a possibility. The rocker is a leading contender to buy the NFL's Buffalo Bills and, with some powerful and rich T.O. friends, move them to the city.

7 Global anchor Katie Couric. No, not for Global News.

Couric will now be the global anchor for the resurgent Yahoo. She will start next year and be the "face of Yahoo News," CEO Marissa Mayer wrote in a blog post. In effect, Couric will now be the global ambassador for Yahoo. This move is another example that the future of TV is online.

ZOOM

Wood you believe it



ANDY WILLSHEER/REX FEATURES

Vintage vehicle created from oak

A man has made a VW Beetle — out of wood.

Momir Bojic from Celinac in Bosnia and Herzegovina has hand-built the impressive Bug with mind-boggling patience, using skilled woodworking to create intricate detailing. Everything from the bonnet to the gearshift has been carved by Momir in his garden workshop. **METRO**

Slow and steady wins building race

Progress was necessarily slow because of the work's labour-intensive nature.

Momir said: "Some days my wife and I might end up with just two or three rows of pieces on a panel, but this was irrelevant as far as I was concerned because I'm a bit of a perfectionist. Accuracy was far more important than worrying about how long the work was taking." **METRO**

Wife chips in for hubby's project

Momir, who spent time working at the Volkswagen Transporter manufacturing plant in Hanover, Germany, got some help from his wife Nada.

"I was intending to undertake the task by myself, but after my wife saw the amount of effort involved she felt I was crazy to try and do it all on my own and was happy to offer her assistance in the project." **METRO**

Motorbike made from locust wood

Momir isn't the only man from Eastern Europe adept at making wooden vehicles.

Istvan Puskas from Tiszaros, Hungary, spent two years building a motorcycle from weather-resistant black locust wood.

Puskas used cow horns as a handlebar and exhaust pipe, and a gasoline engine from an old Fiat.

METRO

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Terrified of stepping foot in a shopping mall during Black Friday or the rest of the holiday season? There's a beautiful place you can pop into to get your shopping done without the Jingle Bells soundtrack, oversized faux cedar trees or never-ending lineups: The Internet.

Sift:

The site launched about a year ago as a website that mined your email looking for deals and promotions that may interest you. Now, with the help of \$2 million for seed funding, they've launched an iPhone app that lets you shop right from your phone. Wait for their upcoming social function.

Slice:

Not exactly a shopping site, but more

like an online shoppers personal assistant. Slice keeps track of what you buy and lets you know if you're eligible for a price adjustment, recalls, and other things you may want to know about your purchases.

Karmaloop:

Look sharp AND get good deals on trendy new weekend duds from Karmaloop. Site often has promo codes to get your saving started (Black Friday code is BLKLIGHT, FYI).

Comments

RE: Tips On (Cough) Hacking A Cold, by John Mazerolle, published Nov. 28

How about starting by improving your immune system.

I rarely get colds, and I haven't had the flu in 21 years, despite the fact that I work with a lot of people who get sick a lot. Flu shots...?? Never.

We are getting too caught up in cleanliness as a society. That's not to say I don't engage in personal hygiene. I just don't subscribe to the

antibacterial everything that society wants us to.

My wife and four-year-old daughter also do not get sick. My daughter has been sick once since she was born. My tips...?? If you drop it on the floor, pick it up and eat it. If you cough, cough into your hand. And, eat a pound of dirt a week.

Remember, your immune system is an army, and an army needs practice to fight effectively. Take away its ability to practise, and when real germs come along, it will not be able to fight it, and you'll get sick.

ns_hunter posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Synopsis

The last couple of weeks have offered up the odd little treat at the movies, like an amuse-bouche to get our taste buds primed for the tastier stuff to follow in December. Not only does the 12th month give us Christmas, Boxing Day, Kwanzaa and New Year's Eve, we also get a delicious buffet of great movies. This week the Reel Guys look ahead to the 31 days that sate our appetite for great movies while feeding the voraciously hungry Oscars.

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



The Wolf of Wall Street, starring Leonardo DiCaprio, is one of the films to get excited for this Christmas. CONTRIBUTED

'Tis the season for great films

Ones to watch. The weather outside is frightful, so duck inside to catch one of the movies the Reel Guys are looking forward to

Richard: Mark, people complain that trailers give away too much of the story, but one upcoming movie has been releasing trailer after trailer — usually not a good sign — and has yet to reveal itself. Apparently The Wolf of Wall Street, directed by Scorsese (do I have to write his first name? I don't think so) and starring Leonardo DiCaprio and Matthew McConaughey, is going to clock

in at three hours, so no trailer, no matter how long or how many, can give away all the good stuff. All they have done is make me eager to see this stockbroker meltdown story. What's grabbed you?

Mark: I'm looking forward to The Wolf of Wall Street too. But I've already decided that Inside Llewyn Davis, the new Coen Bros movie about the Greenwich Village folk scene in 1961, will be my favourite movie of the year. Perhaps I should actually SEE the film before making my decision, but I know, Richard, I just know! I've been waiting for someone to make a movie like this for a long time, and who better than the Coen Bros? The trailer looks terrific and Justin Timberlake looks perfect in his orange alpaca car-

digan, not that it would influence my decision in the least.

RC: Timberlake is such a conundrum for me. He's a wildly talented guy whose movies frequently don't work. My fingers are crossed that for him, Llewyn is more Social Network than Runner Runner. Saving Mr. Banks is another one I'm looking forward to. I'm a sucker for old Hollywood so the story of Walt Disney (played by Tom Hanks) wooing P.L. Travers (Emma Thompson) for the rights to Mary Poppins is up my alley. That, and I'd watch Thompson do anything — bake a chicken, read the phonebook or play an up-tight spinster.

MB: Here's a guilty pleasure:

Grudge Match, the story of two aging boxers facing off for the first time in 50 years. Since the boxers are played by De Niro and Stallone, it's like a dream mash-up: Raging Bull vs Rocky! I'm hoping Will Smith gets a dream sequence cameo as Ali. And let's not forget American Hustle, David O. Russell's new film about greed, lust, politics, and the Mafia. Sounds like a perfect title.

RC: Three things make me want to see American Hustle: the trailers (which are awesome), Christian Bale's beer gut and Jennifer Lawrence's extravagant hairdos.

MB: Wait! Make that De Niro's beer gut and Stallone's hairdo and it's a Grudge Match!

2 SCENE

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Never put your dreams on ice

Frozen. Josh Gad was ready to give up on show biz when his mom offered him some wise advice

RICHARD CROUSE
scene@metronews.ca



Josh Gad plays Olaf, the optimistic snowman in Frozen, which is playing in theatres now. CONTRIBUTED

Josh Gad, the voice of Olaf the optimistic snowman in the new Disney animated film Frozen, thanks his mom for some very well timed advice. "My mother, God bless her," he says, "allowed me to keep dreaming."

The story starts in 1993.

"I was sitting in a dark theatre watching Aladdin," he says. "Robin Williams is playing this insane genie character. I'm on the floor, as is the rest of the audience, and I looked over at my mom and said, 'I want to do that one day,' meaning, I want to be the comedic relief sidekick in one of these Disney films."

Cut to a decade later.

"I was about three years out

of college and I called my mom up and said, 'I don't think I want to do this anymore.' She started crying. I said, 'I'm going to go to law school.' I thought

my mother was going to celebrate that she wouldn't have to worry about me anymore. But she was really disappointed. And I said, 'Why are you disappointed?' She said, 'Because you've been dreaming about this for 15 years, but you are only allowing yourself to live out your dream for three years and I think that is unfair to yourself.' It was very startling to hear her say that."

"A week later I got my first big break on Broadway doing

a show called The 25th Annual Putnam County Spelling Bee. I guess it was at that time I realized I was going to be OK.

"Book of Mormon was the point at which I realized I had reached a new level. That I had made it. I wasn't a working actor anymore, I was an actor who was a part of something very special and that would allow and afford me more opportunities to do what I had dreamed of."

Those opportunities include starring in TV shows like 1600 Penn and movies like Jobs, and, of course, making his dream from 1993 come true with Frozen.

"To get that phone call, saying, you are that guy," he says, "I had to hold the phone down because I was sobbing with joy."

Olaf, his comedic sidekick snowman, already has at least one fan — Gad's young daughter. "She was two-and-a-half when I took her to see her very first movie in a movie theatre, which was Monster's University. The teaser for Frozen, which featured just my laugh [played before the movie]."

"Off of that laugh she turned to me and said, 'More dada. I want more dada.' I had to turn away from her because I was embarrassed by the tears."

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Five VHS reels worthy of rewind



**RICHARD
CROUSE**
scene@metronews.ca

VHS tapes fell out of fashion years ago but there are many reasons to love the old-school experience of sticking a cassette into that machine with the flashing 12:00.

You can fast forward past the legal disclaimer, the covers were cool and if you don't like the movie that came on the tape, you can record over it.

Here are five films best experienced on VHS.



The Ring

Technology may have killed off VHS but not before a cursed videotape knocked off a few of its own victims. The Ring, an American adaptation of the 1998 Japanese horror film Ringu, stars Naomi Watts as a journalist investigating the urban legend of a tape that kills viewers seven days after popping it into the VCR. "You start to play it, and it's like somebody's nightmare!" No, it's not a badly dubbed copy of Rhinestone, it's a series of surreal images from a dead girl's life. It's creepy until the last half-hour — that's when the VCR's fast forward button comes in handy.



The Toxic Avenger

Set in Tromaville, New Jersey The Toxic Avenger is the story of a 90-pound weakling who morphs into the lumpy-headed titular title character. Fighting corruption by spilling loads of fake blood, plunging hands into deep fryers and crushing a head, his methods provide unforgettable B-movie cheap thrills. That last effect — it's a melon in a wig — is a timeless VHS classic and is actually enhanced by watching it on a grainy video tape.



A History of Violence

A History of Violence makes the list because it was the last movie to be released on VHS in the golden age of video. Viggo Mortensen is Tom, a mild mannered man who must confront his violent past when local townsfolk start asking, "How come he's so good at killing people?" An unopened copy of it will set you back \$10,000 on eBay, but why would you want an unopened copy of one of director David Cronenberg's best films?



The Decline of Western Civilization Part II: The Metal Years

One of the main benefits of VHS tape is that it always stays at the point at which you left it. Snap it off at the 20-minute mark, go back to it 20 years later and it will still be EXACTLY where you left off. In a way it's kind of like hair metal, a genre that has loudly and proudly stayed stalled in the 1980s. Fans of bands like Poison and W.A.S.P. will want to rev up a VHS of The Decline of Western Civilization Part II: The Metal Years, because it rocks too hard to be released on DVD.



Strike Commando

The 1980s VHS boom gave us the dreaded direct-to-video movie and produced many bad flicks, countless of which had names that closely echoed those of big theatrical hits. In the down-and-dirty world of the actionploitation genre, for instance, Schwarzenegger's hit Commando became Strike Commando — "He's A War Machine on the Warpath!" — only without the Austrian superstar or a budget for the big action scenes. The lurid cover art is better than the movie.

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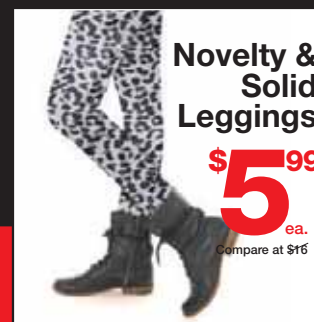
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When grandma wants an autographed photo

Out of the Furnace.

Zoe Saldana's latest role has her working with some heavyweights — and her family is proud



NED
EHRBAR

Metro World News in Hollywood

Zoe Saldana is in some pretty good company in *Out of the Furnace*, co-starring alongside Christian Bale, Forest Whitaker, Woody Harrelson, Casey Affleck, Willem Defoe and Sam Shepard in director Scott Cooper's follow-up to *Crazy Heart*. Just don't expect her to watch it more than twice.

It's quite the impressive ensemble in this. Who was already on board when you



Zoe Saldana stars in *Out of the Furnace*, which opens next Friday. CONTRIBUTED

joined the cast?

Christian was already on board, Sam Shepard was already on board, then everybody else was still up in the air. But they were the names that were mentioned. Casey was almost a yes, I believe. So when I heard these names I really prayed that it was going to be everybody that joined the cast because those are actors that I've always wanted

to work with. And to actually have them all together, it's like having pizza, cheeseburgers and ice cream at the same time (laughs).

Some actors can't stand watching their own films. How about you?

I only have it in me for maybe two screenings, and then after that I can't do it. I like

to see it and feel very happy for everything first, then the second time you're watching it and you're paying attention to what everybody's doing, and then after the third time it's going to be about everything else — "Oh, my hair ..." "Did they have to use this take? There was another take that was so good." After the third screening you just can't watch it anymore. You revisit it every two or three years when a family member forces you to sit down with them and watch it while they hold your hand. Which is what happens to me and my grandma.

You have to give them a little leeway because it's family.

Yeah. Like my poor grandma, she's been asking me to give her an autograph since I did Center Stage 15 years ago, and I'm not going to write my grandmother an autograph. That's just ridiculous.

Drama



Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

We first meet Philomena (Dame Judi Dench) on the 50th birthday of the son she never got to know. Born out of wedlock in 1950s Ireland, her boy was whisked away from the Magdalene Laundries where they lived, and was adopted by an American couple. Her story finds its way to Martin Sixsmith (Steve Coogan), a jaded journalist who thinks Philomena's past is too good to be ignored. Philomena treads a line between touching and humorous, building a story of heartache and loss without ever being maudlin. **RICHARD CROUSE**

Drama



Blue is the Warmest Color

Director. Abdellatif Kechiche

Stars. Léa Seydoux, Adèle Exarchopoulos

This Palme d'Or winning French film may be one of the most frank depictions of sexual awakening to ever hit mainstream screens. It certainly is one of the longest. In three hours it establishes the attraction between Adèle (Adèle Exarchopoulos), a high school student, and artist Emma (Léa Seydoux). It is love at first sight, and fiery, but will passion be enough to sustain it? Despite its length and raw performances from its leads, the film is more content to voyeuristically detail the action than delve into the story. **RICHARD CROUSE**

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THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 29 TO THURS., DEC. 5. TIMES ARE SUBJECT TO CHANGE.

Bayers Lake

190 Chain Lake Dr.

12 Years a Slave (STC) Fri-Thu 1:35-4:45-8
About Time (PG) Fri-Thu 1:25-4:25-7:25-10:15
The Book Thief (STC) Fri-Thu 12-3-6:15-9:40
Captain Phillips (PG) Fri-Thu 8:05
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 12:40-3:55
Delivery Man (STC) Fri-Wed 1:35-4:35-7:20-10:40 Thu 11-1:35-4:35-7:20-10:40
Ender's Game (PG) Fri-Thu 10:05
Free Birds (STC) Fri-Thu 12:05
Free Birds 3D (STC) Fri-Thu 3:35-7:35
Frozen (STC) No Passes Fri 1-1:30-3:45-7 No Passes Sat 1-3:45-7 No Passes Sun 1-1:15-3:45-7 No Passes Mon-Thu 1-3:45-7
Frozen 3D (STC) No Passes Fri-Thu 12:20-3:20-6:45-9:35
Gravity 3D (PG) Fri-Thu 12:55-3:40-6:30-9:45
Homefront (STC) Fri-Thu 12:30-3:50-6:25-9:50
The Hunger Games: Catching Fire (PG) No Passes Fri 12:10-1:10-3:30-4:20-4:40-6:40-7:30-8:10-9:50-10 No Passes Sat-Thu 12:10-1:10-1:30-3:30-4:20-4:40-6:40-7:30-8:10-9:50-10
The Hunger Games: Catching Fire — The IMAX Experience (PG) No Passes Fri-Thu 12:50-4-7:10-10:20
Jackass Presents: Bad Grandpa (14) Fri-Thu 10:10
Last Vegas (PG) Fri-Sat 1:05-4:15-7:05-9:55 Sun 4:20-7:05-9:55 Mon 1:05-4:15-9:55 Tue-Thu 1:05-4:15-7:05-9:55
Philomena (STC) Fri-Thu 12:45-3:10-6:50-9:30
Thor: The Dark World (STC) Fri-Thu 1:40
Thor: The Dark World 3D (STC) Fri-Thu 4:30-7:50-10:30

Imax

190 Chain Lake Dr., Bayers Lake

Call Theatre For Showtimes (STC) Fri-Thu

Oxford Theatre

6408 Quinpool Rd.

Dallas Buyers Club (STC) Fri 6:30-9:15 Sat-Sun 3:30-6:30-9:15 Mon-Thu 6:30-9:15



The Hunger Games: Catching Fire. CONTRIBUTED

Park Lane

5567 Spring Garden Rd.

Blue Is the Warmest Color (STC) Fri 3-6:30-9:15 Sat-Sun 12:15-3-6:30-9:15 Mon 6:15-9 Tue 3-6:30-9:15 Wed-Thu 6:15-9
Delivery Man (STC) Fri 3:05-6:45-10:10 Sat-Sun 12:10-3:05-6:45-10:10 Mon 6:30-9:55 Tue 3:05-6:45-10:10 Wed-Thu 6:30-9:55
Frozen (STC) No Passes Fri 3:30 No Passes Sat-Sun 12:30 No Passes Tue 3:30
Frozen 3D (STC) No Passes Fri 7-9:25 No Passes Sat-Sun 3:30-7-9:25 No Passes Mon 6:45-9:10 No Passes Tue 7-9:25 No Passes Wed-Thu 6:45-9:10
Homefront (STC) Fri 4:10-7:30-9:50 Sat-Sun 12:25-4:10-7:30-9:50 Mon 7:15-9:35 Tue 4:10-7:30-9:50 Wed-Thu 7:15-9:35
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Oldboy (STC) Fri 3:40-7:20-10 Sat-Sun 1-3:40-7:20-10 Mon 7:05-9:45 Tue 3:40-7:20-10 Wed-Thu 7:05-9:45
Thor: The Dark World (STC) Fri 3:55 Sat-Sun 12:45 Tue 3:55
Thor: The Dark World 3D (STC) Fri 6:55-9:35 Sat-Sun 3:55-6:55-9:35 Mon 6:40-9:20 Tue 6:55-9:35 Wed-Thu 6:40-9:20

Lower Sackville

760 Sackville Dr.

Delivery Man (STC) Fri 6:40-9:45 Sat-Sun 12:50-4:15-6:40-9:45 Mon-Thu 6:40-9:45
Free Birds (STC) Sat-Sun 1:20-4:25
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Frozen 3D (STC) No Passes Fri

7-9:35 No Passes Sat-Sun 4-7-9:35 No Passes Mon-Thu 7-9:35
Homefront (STC) Fri 7:20-9:55 Sat-Sun 12:30-3:50-7:20-9:55 Mon-Thu 7:20-9:55
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Jackass Presents: Bad Grandpa (14) Fri-Thu 7:10-10
Thor: The Dark World (STC) Sat-Sun 12:40
Thor: The Dark World 3D (STC) Fri 6:30-9:25 Sat-Sun 3:30-6:30-9:25 Mon-Thu 6:30-9:25

Dartmouth Crossing

145 Shubie Dr.

12 Years a Slave (STC) Fri-Thu 9:50
The Best Man Holiday (STC) Fri 4:20-7:35-10:30 Sat-Sun 1:25-4:30-7:35-10:30 Mon-Thu 4:20-7:35-10:30

The Book Thief (STC) Fri 3:10-6:30-9:30 Sat-Sun 12:10-3:10-6:30-9:30 Mon-Thu 3:10-6:30-9:30
Delivery Man (STC) Fri 4:10-7:10-10:40 Sat-Sun 1:20-4:50-7:10-10:40 Mon-Thu 4:10-7:10-10:40
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Thor: The Dark World 3D (STC) Fri 3:40-7:20-10:15 Sat-Sun 3:40-7:20-10:10 Mon-Thu 3:40-7:20-10:15

Truro

20 Treaty Trail, Millbrook

Delivery Man (STC) Fri 6:55-9:30
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Jackass Presents: Bad Grandpa (14) Fri-Thu 6:40-9
Thor: The Dark World (STC) Sat-Sun 12:40
Thor: The Dark World 3D (STC) Fri 6:30-9:40 Sat-Sun 3:30-6:30-9:40 Mon-Thu 6:30-9:40

Bridgewater

349 Lahave St.

Delivery Man (STC) Fri 6:45-9:20
Sat-Sun 12:40-3:30-6:45-9:20 Mon-Thu 6:45-9:20
Frozen (STC) No Passes Sat-Sun 12:50
Frozen 3D (STC) No Passes Fri 6:10-8:45 No Passes Sat-Sun 3:20-6:10-8:45 No Passes Mon-Thu 6:10-8:45
Homefront (STC) Fri 6:55-9:25 Sat-Sun 1-4-6:55-9:25 Mon-Thu 6:55-9:25
The Hunger Games: Catching Fire (PG) No Passes Fri 6:20-7:30-9 No Passes Sat-Sun 12-12:30-3-3:50-6:20-7:30-9 No Passes Mon-Thu 6:20-7:30-9
Last Vegas (PG) Fri 6:30-9:10 Sat-Sun 12:10-3:40-6:30-9:10 Mon-Tue 6:30-9:10 Wed-Thu 9:30
Thor: The Dark World (STC) Sat-Sun 12:20
Thor: The Dark World 3D (STC) Fri 6-9:30 Sat-Sun 3:10-6-9:30 Mon-Thu 6-9:30



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Avril Lavigne talks Chad Kroeger, getting wasted and her new album

Interview. The pop-rock princess opens up about her new husband, their courtship and cleaning up some of her lyrics

PAT
HEALY

Metro World News

On the cover of Avril Lavigne's newly released self-titled album, she looks all grown up, with a stern expression and dark makeup framing her eyes. But the first thing she sings on the album is the line "I don't care about my make-up," so it's probably best to pay heed to the age-old advice of not judging a book by its cover. Within Avril Lavigne is a whole bunch of fun anthemic pop that she'll be the first to tell you, doesn't really get too deep within Avril Lavigne. Sophisticated stuff, this is not, but there seems to be a friction on the album between the impulse to try to preserve her youth and the impulse to grow up. In conversation, Avril Lavigne is as laid back and self-assured as any of her songs would lead you to believe.

The feeling I get from this album is definitely a summer feel. It doesn't really



seem very November to release an album with tracks like Bitchin' Summer and Sippin' on Sunshine.

It's funny because I asked myself if this was going to just turn out to be a summer record. We were doing a lot of writing in the summer, and I wanted to have a summer song, you know, driving in the car, good feeling, good times. For about a week I was writing songs like that. But this album has Sippin' on Sunshine and Bitchin' Summer. And then Rock N Roll kind of does have summer feel to it. The record was supposed to come out earlier, but they changed the date on me three f—ing times.

You seem caught between the sentiment of Here's to Never Growing Up and actually growing up ...

It's really not that deep, musically. I like to be on stage, I like to write pop-rock songs. That's what everyone



Avril Lavigne makes no apologies for her pop-rock brand of music. GETTY IMAGES

wants to hear from me, and that's when everyone goes ape-shit, with the fist-pumping and all. But there are different sides to me, I enjoy sitting down at the piano and telling this in-depth story and writing an emotional ballad (but also) I love rock

music, so I have Bad Girl on this record and Hello Kitty, which has a grungy electronic feel. So the album is diverse and I wanted to write all different types of styles and moods.

There are a lot of mentions

of getting wasted on this album too. I feel like you don't hear that referred to in such a straightforward way that much on pop radio.

(Laughs.)

Do you have people that

are saying that they can't get your stuff on the radio because of the content?

There is a clean version and an explicit version. It's something I definitely think about, but then I have the opportunity to offer two options.

With this album, you collaborated a lot with your husband, Chad Kroeger. I've heard it referred to as a snapshot of your relationship's development. At what point in the creative process did you guys realize there was truly something there? At what part of writing and working together did you guys fall in love?

Well, we worked on the album and he was on tour. Then he left and then we worked again. We worked in different clumps. When I had actually taken a break after the tour, I moved to France on my own. Then he came out to visit me and that was our first time getting together without it being work-driven.

Did any songs come about from the courtship?

We have a duet on this record. That was the first one we worked on together. Then we also worked on a song called If I said That I Loved You, and it's a duet, it's unreleased.

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Far from Broken, a musical affair continues

Interview. Brian Burton and James Mercer are back with a falsetto-filled second album *After the Disco*

RICHARD
PECKETT
Metro World News

The band Broken Bells is the guilty pleasure of super-producer Brian Burton, a.k.a. Danger Mouse (one-half of Gnarls Barkley), and James Mercer, lead singer of avant-garde indie four-piece The Shins. Ironically, the Bells is where Mercer and Burton go for their R & R away from the industry. But rather than coming back with flawless skin, the U.S.-

based artists have produced an experimental collection of genre-busting tracks.

"The record reflects the hangover or comedown after the party," says Danger Mouse of their second album *After the Disco*, due out Jan. 14.

Metro sat down with the duo in an East London hotel to chat the bizarre Bee Gees sound, psychedelic experi-

ences and why the band is a pressure-free passion.

How long did it take you to put this record together?

Brian Burton: Overall, this record took eight weeks. James Mercer: It's crazy, man. Halfway through I was thinking "It's kind of done." We had a record — I was shocked.



The band Broken Bells are back for more. CONTRIBUTED

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James, you said in an interview: "We need to do another record, for sure. It's fun. I think (Danger Mouse) enjoys it, too. It's like a vacation — although I don't want my wife to know that!" Does it feel like an affair of sorts?

Mercer: (Laughs) Like a musical affair or something — you get to run off. The thing that's cool about it is that we share the burden of all the creative parts. There's nowhere near the pressure that I feel doing something like *The Shins* or like Brian would feel doing a record on his own. It feels like I'm not working; it's not this laborious, tedious thing, so you do sort of feel guilty in a way.

You're both independently successful, so is this partnership more about the music (a kind of vanity project) than about commercial success?

Burton: We genuinely want to make the best s—t we can possibly make — there is ambition involved. We want to do something that's new and different and that could be really successful. I want this to be the most successful thing that I've been a part of. It just happens to be something that's not as torturous.

I'm not the only one to point out that there's a bit of a Bee Gees feel to the latest release. Were they an influence?

Mercer: It is kind of coincidental. We saw it too. I was in the vocal booth just track-

A big deal

Is this a concerted effort to make Broken Bells more of a big deal?

- Mercer: "We want to have a bigger sort of show. We want to have something impressive happening and we'll see how it works. It'll depend on whether people are loving the record and how big the record gets dictates how much we're willing to put in."

ing and doing a falsetto and that's what came out. I was doing track after track when I came into the control room and heard it played back with all those layers — that's the Bee Gees and that's how they did it.

Will you be getting the tight white suits out?

Mercer: (Laughs) I need a feathered wig. I can't grow the hair.

The video is kind of psychedelic and a bit trippy. Were you drinking mushroom tea at the time of making the video?

Mercer: (Laughs) We love psychedelic music and I'm not sure whether it's because I've taken psychedelic drugs or not. Maybe it's just coincidental.

Burton: Psychedelic music is just experimental with melodies. It hooks you in with things you can repeat or sing.

Video not killing Kodalaine's radio star

Global exposure. With their debut album out, the Irish indie rockers say their music getting used on TV shows is not selling out — it's a way to reach new fans

RICHARD PECKETT
Metro World News

For a while during the economic slump, the richest export leaving Ireland was Guinness. Jeez, even U2's Bono has been busking (for charity, apparently). It's easy to mock but he's minted — and it's a recession-proof ruse that's been proving profitable popularity-wise for Dublin rock band Kodalaine.

As an unsigned group Give Me a Minute topped the Irish singles chart; the track All I Want from their debut album In a Perfect World has over five million hits on YouTube — and the indie/folk four-piece is getting some airtime on TV shows like Grey's Anatomy. Selling out?

No, it worked pretty damn well for the likes of bands M83 and MGMT (music featured in adverts) and it's gaining the 20-somethings some much-deserved exposure on a global scale. Anthemic like Coldplay and melancholy like fellow countrymen The Script, Kodalaine are a band for the weepers: their tunes befit those lonely train journeys of emotional, romantic self-reflection. Sitting down with Metro, the boys chat music getting commercial, failed romances (obviously) and the dating app Tinder.

There are some great indie folk bands coming out of Ireland like you and Little Green Cars. How do you think you fit in amongst the popular music landscape?

Steve Garrigan (vocals): We never really think about it. It's like eight to 80 at our shows. We don't really know who our fans are (laughs).
Jay Boland (bass): It's very hard hearing ourselves in the pop context because we're not listening to Radio 1 — we're still listening to our collections.

It's fair to say that In a Perfect World is a sad record. Do you see yourselves writing a chirpier album?
Mark Prendergast (lead guitar): I can't see us writing a bright album.

Are you all permanently melancholy?
Prendergast: Depressed, I think is the word (laughs).
Garrigan: I don't think any of our songs are depressing — they're sad but they're uplifting.

Would you ever consider doing something more pop-y — a kind of guaranteed hit?
Prendergast: No, absolutely not. If we were promised a number-one hit in America with a song we didn't believe in, we'd say "No."

You've been played on television shows like Grey's Anatomy, Mob Wives and Modern Family. How do you feel about being commercialized in this way?

Garrigan: I remember buying the CD of Grey's Anatomy a couple of years ago because I like the music. It's kind of like what happened with Phantom Planet's track California and (teen drama) The O.C. — it's a great way for fans to be introduced to new music.

Vinny May (drums): It's like Shazam. People don't realize but you subconsciously take in the song.

What do you think of manufactured boy bands — One Direction, for instance?
Garrigan: We're not fans of boy bands.

Is fame and money important to you?
Prendergast: (mockingly quips) Fame is the most important thing to us. We just want to be famous.
Garrigan: Commercial

success is important to us. We're ambitious. The ideal situation would be to do as many albums as we can and tour for the rest of our lives, but it's such a fickle industry.

You're proving to be a hit in the U.S. Do you use your Irish charm on the girls?
Garrigan: They're just great. L.A. girls are just incredible.

Is it because they sound like they're on a porn channel? (All laugh).
Steve, you had a messy breakup with your girlfriend. Has she got in back in touch now that you're a little bit famous?
Garrigan: Yeah, she did.

Fickle. Would you take her back?
Garrigan: No. I haven't

talked to her in four years.
So you're single now. Have you considered Tinder? (All laugh)
Garrigan: I've got it. When you're travelling, it's unbelievable. You go to a city and you can see who's around.

It's good for a quick shag?
Garrigan: It's just ridiculous. You learn about yourself.

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Lead singer of Kodalaine Steve Garrigan. GETTY IMAGE



The 11 men who played the Doctor Who. UK show is turning 50 and the BBC is throwing a blowout for the sci-fi show. HANDOUT

Huge Christmas surprise in store for Doctor Who fans

Regeneration riddle. Something 'Whovians' have talked about for years will be tackled head-on this festive season

MELINDA TAUB
Metro World News in NYC

Last Saturday the 50th anniversary special episode of Doctor Who aired worldwide, and fans were enthralled to see something that's rarely happened in the show's mythology: Multiple incarnations of the Doctor working together (plus some slimy aliens trying to take over the planet, but ho-hum to that). This year's Christmas special promises to be even more shocking.

SPOILERS for said Christmas special lie ahead. See, it's a major tenet of Who mythology that the Doctor can only regenerate 12 times. Matt Smith's Doctor, who the audience thought was No. 11, has totted it up and realized he's actually the 13th, and last, incarnation. So, how

does he manage to regenerate into The Thick of It star Peter Capaldi? Don't worry, Doctor Who has no plans to gloss over this very important problem.

"The riddle of the regeneration problem, something fans have talked about for decades, will be faced head-on at Christmas," a source close to the Doctor Who production team told the Daily Mirror. "There is going to be another huge cliffhanger, and somehow Peter Capaldi has to join and the series has to continue."

The source added, "The show's big fans, known as Whovians, won't believe their eyes at Christmas."

It's still a sci-fi show that uses a magic police box to travel through time and space, right? I think my eyes will probably be fine. They are pretty used to CGI and abrupt rewriting of sci-fi backstory.

Doggone! Family Guy pays tribute to Life of Brian

ALEXANDRA CAVALLO
Metro World News in NYC

In case you missed it earlier this week, in one of the most unexpected TV deaths since Game of Thrones killed off Ned Stark with almost no fanfare (we're still reeling over that one) Family Guy lost one of its central characters in last Sunday's episode, Life of Brian.

If the title of the episode wasn't spoiler enough, watch out, BIG OLD SPOILER COMING ATCHA RIGHT NOW.

Oh my God! They killed Brian! For those who have never seen Seth MacFarlane's cartoon series (or stopped watching after every college bro with a Solo cup of Miller Lite and a less-than-honed sense of humour started yelling Family Guy quotes in your face in lieu

of conversation in line for the keg), Brian is the family dog, voiced by MacFarlane, who's been the voice of reason on the show since its debut in 1999.

And now he's dead.

In his final episode, he was stuck by a car and killed, which is sort of weird considering how many times he's been impaled/bludgeoned/thrown off buildings/endured other fatal blows, mostly at the hands of Stewie, without dying throughout his tenure. But, all dogs go to heaven, and all TV characters have their run, so maybe it was time.

In what was a typically heart-rending episode, Brian was replaced by a new dog named Vinny (voiced by Tony Sirico of The Sopranos) who may or may not kill the show for many diehard fans, if the already trending hashtag #BringBackBrian is any indication.



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Blythe Danner. ALL PHOTOS GETTY IMAGES

Dear riff-raff: Stop bugging my extraordinarily accomplished daughter

Blythe Danner wants everyone to leave her daughter, Gwyneth Paltrow, alone. "I feel she's just extraordinarily accomplished in every area, and people don't like that," Danner says in an interview with the blog Naughty But Nice Rob.

"Some people don't like that, people who are bored and sit on their asses all day and just tap away. I mean, I don't read any of it, I just find it disgusting. There is a coarsening of our culture today that is just so tragic."

Brad and Shia don't play well together

Brad Pitt and Shia LaBeouf apparently aren't having the best of times working together on the Second World War drama Fury, currently shooting in the U.K.

"They have very different styles of working and it's not mixing well on a personal level," a source tells Radar Online. "Brad loves to joke around with his young co-stars, and especially on a very serious war movie, he'd love to take the edge off by kicking back between scenes. But Shia wants to stay in character the whole time."



Brad Pitt

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Australia

How Justin's new hobby is going over Down Under

An Australian hotel is declaring itself a graffiti Belieber, despite being at odds with the city government. QT Hotel in the Gold Coast said it gave Justin Bieber permission to spray graffiti on its wall. The Canadian singer and others posted images online showing cartoon faces in fluorescent paint on an outdoor wall at the hotel in Queensland state.

After hearing criticism, the hotel changed its Facebook page cover art Thursday to show Bieber, his graffiti and the declaration: "He asked, and we said YES."

The Gold Coast mayor Tom Tate says the singer risked undermining the city's efforts to fight graffiti. "The last thing we want is to have graffiti glorified and more young people thinking it's a cool thing to do," he said.

In a letter to the hotel, Tate asserted the city can insist on removal of graffiti in private spaces if it's visible from public spaces.

But in further posts on its Facebook page, QT Hotel defended Bieber as an excellent hotel guest and said it wanted to promote graffiti as an art form. It



invited artists to share examples of their work to be judged, with select artists being offered a hotel wall they could spray-paint themselves.

Bieber performed in Brisbane on Wednesday and has more concerts in Sydney on Friday and Saturday.

The 19-year-old pop star arrived in Australia after a troubled Latin American tour.

He apologized to Argentinians after images appeared to show him dragging that country's flag across the stage with his feet. He quit one concert early after apparently contracting food poisoning, and police in Brazil want to question him about another graffiti incident there.

THE ASSOCIATED PRESS



Kanye West

I didn't tell nobody not to buy no Louis Vuitton nohow, Kanye clarifies

Kanye West wants to clarify his stance on Louis Vuitton. The rapper insists he never ordered his fans to boycott the fancy fashion brand — since it would be unnecessary. "It's a misconception that I said boycott Louis Vuitton," he said during an interview with NYC radio station 92.3 Now.

"You can't boycott Louis Vuitton. I wouldn't tell nobody to boycott a brand that ain't nobody even thinking about no more. Nobody thinking about buying no Louis Vuitton." The beef apparently started after the head of the label declined West's request for a meeting.



Ashton Kutcher and Demi Moore

Ashton and Demi are officially unhitched

After first separating in late 2011 and filing for divorce almost a year ago, Ashton Kutcher and Demi Moore have finalized their divorce, according to E! News. The papers were signed on Nov. 6

by Moore and on Nov. 14 by Kutcher, and according to the documents the parties have a written agreement about their shared property and neither will be receiving spousal support of any kind.

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metro

Liquid Assets

Old school Austrian sips



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

After more than two decades of taking it on the chin from their New World counterparts, the winemakers of Europe are making a comeback. While France and Italy are seeing the biggest upsurge in popularity, Spain, Germany and Austria are harvesting the benefits of the growing interest in their juice.

Yes, I said Austria — a country I bet you didn't know has been making wine for more than four centuries. Impossible-to-pronounce regional names and grape varieties that are virtually Austrian exclusive haven't helped the cause.

Though reds make up about 30 per cent of the country's output, whites are Austria's claim to fame. Typically drier and zippier than those made by its German neighbours, whites with the Grüner Veltliner grape have made a modern name for themselves as a partner for Asian cuisine (think sushi). With its Franz Ferdinand-esque label and phonetic first name, the Grooner 2012 Grüner Veltliner (\$13.11 - \$16.99) is a modern take on old-school Austria with citrusy fruit, balanced acidity and a clean finish.

PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

A modern take on a Hanukkah tradition

Three Root Vegetable Latkes. The perfect fall-inspired recipe



ROSE REISMAN
For more, visit
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Potato latkes are a traditional Jewish or Eastern European dish, especially served on Hanukkah. I wanted to make a healthy version, so I used a blend of root vegetables. Use the grater blade of a food processor to grate the veggies.

1. In a skillet sprayed with vegetable oil, add the oil, onions and garlic. Sauté on medium heat for 10 minutes

Ingredients

- 2 tsp vegetable oil
- 2 cups diced onion
- 1 tsp crushed garlic
- 2 tsp brown sugar
- 2 cups grated peeled sweet potatoes
- 2 cups grated peeled baking potato
- 1 cup grated peeled parsnips
- 3 tbsp chopped fresh dill or 1 tsp dried
- 2 eggs
- pinch of salt and pepper
- 1 tbsp vegetable oil
- 1/2 cup tzatziki



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

until tender. Add the sugar and sauté another 5 minutes. Place in a mixing bowl.

2. Squeeze out the excess moisture from the grated vegetables. Add the vegetables to the onion mixture along with the dill, eggs and salt and pepper.

3. Pat into 12 latkes. In two

large non-stick skillets add 1 tbsp vegetable oil sauté on a medium heat the latkes for about 7 minutes per side or

until vegetables are soft. Serve with the tzatziki.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Restrictions

Please be advised that this recipe may not meet all

Jewish dietary or traditional requirements.

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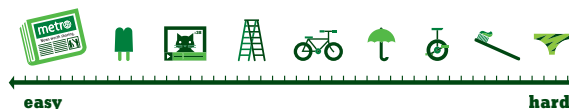
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Sharability



Want some tech support for that Black Friday shopping spree? We have a few apps to help you navigate those deals — or find a better one.

MATT PRIGGE

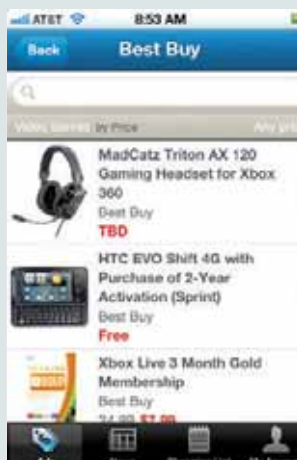
Metro World News in New York

BFAds

For: iOS

Price: Free

Many shopping apps have sections focused exclusively on Black Friday. BFAds, as the acronym may suggest, is all about Black Friday. It rounds up the deals by store, keeps you abreast of news and allows you to compile a shopping list. Where some apps may dig up better deals while you're already out and about, BFAds allows you to make a game plan before you're stuck in traffic.



5

Smart shopping apps

PoachIt

For: iOS

Price: Free

New to the shopping app wasteland, PoachIt allows you to search by scanning the barcode of an item to see if there's a better deal elsewhere. Or you can simply search by product. Looking for the best plasma TV? Just type that in and it will rank the best deals.



BuyVia

For: iOS

Price: Free

BuyVia starts with what you'd like to buy. Then it lets you pick the store. Then it finds you deals. It's a bit limited, handling mostly the big box chains. But if you'd like to keep things simple, with a guide who looks like Bill Gates, it will serve you well, helping to find the best price amid the gruesome rivalries waged between the major stores.

ShopSavvy

For: iOS

Price: Free

All of these apps pretty much perform the same function, with slightly different methods. ShopSavvy does the competitive sales hunting thing, too, but it adds another, perhaps unexpectedly useful aspect: social media. Connect with friends to see their lists, and not only steal their gift ideas but also their sales! We're all in this together, comrade, but shopping on Black Friday is also Darwinian, meaning we can grab the gift you wanted if you're stupidly trapped in an unmoving car pileup. It's survival of the fittest shopper, pal!

Shopular

For: iOS and Android

Price: Free

Once upon a time we were terrified of Big Brother one day knowing where we are. Now we find it convenient. When you walk into a store, Shopular buzzes you, telling you about the deals and feeding your coupons to the very place in which you presently stand. And it can be used the old-fashioned way, which is to say that you can search by store before you go. (See also: Zoomingo.)



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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Movember more kind to some Moose than others

QMJHL. No matter the results, the Herd gladly participated in the annual event



ANDREW RANKIN
andrew.rankin@metronews.ca

Try as he did, Nikolaj Ehlers realized his "moustache" just wasn't working.

So, the Halifax Mooseheads leading goal scorer did what any self respecting 17-year-old would do. He dyed it black.

Rather, he highlighted it just so. The move, as he explains, was meant to make the hair stand out just enough.

"I had to dye it because it was white, you couldn't really see it," said Ehlers.

A job well done.

Once again, the Mooseheads have taken part in the annual world-wide Movember movement. In an attempt to support and draw attention to men's health issues, players have let their upper lip hair run wild.

The Herd's talented rookie was only too happy to support such a worthy cause, but he's about ready to move on.

"Oh yeah, I've been teased a lot, especially by the older guys because they have great moustaches," said Ehlers.

But the Danish forward isn't alone.

His teammates Zach Fucale, MacKenzie Weegar, Jonathan Drouin and Vincent Watt could possibly combine their resources for one solid 'stache.

But there are notable exceptions. The team's veterans



Mooseheads players Brian Lovell, Darcy Ashley and Nikolaj Ehlers weren't shy about showing off their moustaches after Thursday's practice. ANDREW RANKIN/METRO

Andrew Ryan and captain Darcy Ashley appropriately boast rich, full moustaches — handlebar moustaches, to be exact.

They're proud of their manliness. And, Ehlers, of course, is a tad envious.

"There are a lot of terrible moustaches in our dressing room right now," said Ehlers after Thursday's practice. "But Darcy's got a great one. It's the funniest one. It makes him look pretty tough."

Damn straight, said the league's reigning hardest working player of the year winner.

"I think I look pretty tough all the time," said Ashley. "I just

look scarier now. Plus it gives me something over Jo (Drouin), which is nice."

Then there's the elegant Brian Lovell. The Mooseheads' second year defenceman boasts a perfectly manicured moustache, complete with a soul patch, bringing a touch of class to the Herd.

But being the soft spoken gentleman he is, he brushed off the praise.

"I didn't think it would grow in this much this year," he said. "I was pretty surprised. Last year it wasn't so good; it's gotten pretty thick this time. It's nice, and a few people want me to keep it."

Friday night hockey

Herd head to Cape Breton with streak on the line

The Halifax Mooseheads will put their nine-game winning streak on the line against the Cape Breton Screaming Eagles on Friday.

The Mooseheads leading scorer Jonathan Drouin will also look to extend

his 13 game point streak, in which he's piled up 11 goals and 26 assists.

The Herd (21-8) sit in second place in league standings and are just one point behind Blainville-Boisbriand Armada. The Screaming Eagles boast a season record of 13-11-0-3 and are 11th spot in league standings with a record of 6-3-0-1 in their last 10 games.

Puck drop is 7 p.m. at Centre 200.

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- 6 Britney Spears Work Work
- 5 Pitbull ft Ke\$ha Timber
- 4 Lady Gaga ft R Kelly Do What U Want
- 3 Hedley Anything
- 2 Miley Cyrus Wrecking Ball
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4 SPORTS

Ravens set tone for Huskies' renaissance

AUS basketball.

Huskies enjoying a rebound season and confidence is sky-high



ANDREW RANKIN
andrew.rankin@metronews.ca

It was an October pre-season loss that made believers out of the Saint Mary's University men's basketball team.

The Huskies fell by three points to the perennial powerhouse Carleton Ravens. But they were with the No. 1-ranked team in the country the entire way.

"Carleton's been the standard for university basketball for the last number of years," said Huskies coach Jonah Taussig. "It showed we could play with anyone in the country."

The 6-1 Huskies are current-



Huskies guard Marquis Clayton drives to the hoop against the Cape Breton Capers last Friday. COURTESY NICK PEARCE

ly on a three-game winning streak and sit in first place in the Atlantic University Sport standings, two points ahead of the Acadia Axemen.

With seven fresh faces in the lineup, the Huskies are a much different team than last

year's squad that managed a 6-14 record.

Talent is a part of it, said Taussig. The team leads the AUS in scoring. Newcomer Theon Reefer is third in the league in scoring, averaging 17 points per game.

"I'm looking for basketball players, guys who do more than one thing," said Taussig. "We have multi-skilled athletic bodies this year. We're not all that big; we wanted to be quick and athletic. We're doing a pretty good job of that right now."

Watching Taussig in action from the sidelines, he appears laser-focused at all times as he demands the best from his players.

Though pleased with his team's record so far he's far from content.

While the goal is an AUS title, it's not Taussig's sole measure of success.

"It's a goal of our guys. All I'm asking is that we play our best as a team and let the chips fall where they may."

In the meantime, there's lots of work to do.

"We have a long way to go. If we don't improve like the others, we'll get passed. We need to get better."



Ravens swoop in for win on U.S. Thanksgiving

The Ravens' Jeremy Miles tackles Steelers kicker Shaun Suisham for a loss on a fake field-goal attempt on Thursday in Baltimore. Justin Tucker kicked five field goals and the Ravens held off a fourth-quarter Steelers charge to win 22-20. In the other games on U.S. Thanksgiving, the Lions beat up the Packers 40-10 and the Cowboys defeated the Raiders 31-24. ROB CARR/GETTY IMAGES



Admiral

"Joining Admiral has given me a career without compromising what's important to me—spending time with Bogey."
-David



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Sedin scores 300th as Canucks glide to win in Ottawa

Vancouver-Ottawa.

Sens serve up a dud on home ice in second half of back-to-back

Milestones don't mean much for Daniel Sedin in November.

Sedin scored his 300th career goal and added an assist as the Vancouver Canucks defeated the Ottawa Senators 5-2 Thursday night.

Vancouver (13-9-5) came in having lost seven of its past eight games, but a solid effort finally put an end to their recent struggles. That was of more interest to Sedin than his own stats.

"When you're in the middle of the season you don't think too much about it, but I'm sure after the season or looking back it will be different," said Sedin. "It was nice to help the team (win), that's for sure."

With the Canucks playing the first of a four-game road trip, Sedin said picking up the win was instrumental in setting the tone for the next three.



Daniel Sedin JANA CHYTILOVA/FREE
STYLE PHOTOGRAPHY/GETTY IMAGES

"This is a big road trip for us and to start with a win is going to give us a lot of confidence moving forward," said Sedin. "As a team we played pretty good. The (penalty kill) did a good job and the power play got one, too, so overall it was a good game."

David Booth, Jason Garrison, Dale Weise and Mike Santorelli also scored for the Canucks. Roberto Luongo finished with 37 saves.

Clarke MacArthur and

Mika Zibanejad scored for the Senators (10-12-4). Craig Anderson allowed four goals on 15 shots before being replaced by Robin Lehner, who allowed one goal on 13 shots.

With the loss the Senators, who beat the Washington Capitals 6-4 on Wednesday, are now 0-4-1 when playing back-to-back nights.

Senators coach Paul MacLean said his team deserved the loss.

"We got what we earned," said MacLean. "(Wednesday) night we got what we earned and 26 times a year so far we've gotten what we've earned whether that was wins or losses. Every night we've earned it and (Thursday) we earned it again."

MacLean added the Sens continue to make too many mistakes.

"We don't play hard enough on the forecheck. We don't play hard enough coming back. We don't play hard enough defensively. Our goaltenders aren't playing hard enough. We're just not playing hard enough for long enough to have an opportunity to win." THE CANADIAN PRESS

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Edmonton-Nashville

Bryzgalov, Oilers shut out Predators

Ryan Nugent-Hopkins and Taylor Hall scored 51 seconds apart in the second period, and Ilya Bryzgalov got a shutout in his first start for Edmonton as the Oilers beat the Nashville Predators 3-0 Thursday night.

Bryzgalov, signed by the Oilers on Nov. 8, made 33 saves in his first NHL start since April 25 when he was in net for Philadelphia. THE ASSOCIATED PRESS

Concussion lawsuit

Vaive wants name removed from lawsuit

Former Toronto Maple Leafs captain Rick Vaive has asked that his name be removed from the concussion lawsuit against the NHL.

Vaive's lawyer claims the former 50-goal man wasn't provided with a copy of the claim beforehand and that he would not have agreed to the allegations made against the NHL. THE CANADIAN PRESS

Calgary

Injury bug creeps up on Monahan and Wideman

Calgary Flames rookie sensation Sean Monahan will miss at least the next two games with a hairline fracture in his foot and defenceman Dennis Wideman will be out longer with a fractured hand.

Wideman will undergo surgery to have a pin placed in the hand and could be out six to eight weeks. THE CANADIAN PRESS

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Downhill is for grown-up kids

Recklessness required to win. Hudec and Osborne-Paradis reflect on being a responsible adult and an inconsequent skier

Manuel Osborne-Paradis talks of learning more about himself and of taking care of his body to extend his career in ski racing.

All very adult, but he hasn't completely outgrown the man who celebrated the Calgary Stampede two years ago by climbing on the back of a party bus and falling off. He sustained road rash on his bottom severe enough to put him in the hospital.

Winning downhill races requires recklessness, so Osborne-Paradis isn't willing to let the foolhardy part of himself disappear completely.

"You can't kill that," he says. "You can scrape a bit of him off, but you can't kill him."

His Canadian teammate Jan Hudec doesn't want to see it

Taking chances

"You can scrape a bit of him off, but you can't kill him."

Manuel Osborne-Paradis, three-time World Cup winner, talking about not letting his foolhardy side disappear amid growing responsibility in his life outside the ski hill.

disappear either because that devil-may-care ingredient is necessary when attempting speeds that are literally break-neck.

"We all hope he has pre-road rash Manny left in him," Hudec said. "Besides the personality and the energy it brings to the team, I think it's part of his winning attitude."

"I'm a little bit the same way. I live my life pretty loosey-goosey by the seat of my pants. I don't plan ahead, but it works for me for skiing. That's how I race as well. I live in the moment. Manny is fairly similar that way."

Erik Guay, Hudec and Osborne-Paradis are the Canadian downhill team's decorated elder statesmen at the season-

opening World Cup in Lake Louise, Alta. The downhill is Saturday.

Guay and Hudec, both 32, and Osborne-Paradis, 29, have stood on World Cup podiums multiple times during their careers. They've morphed from guys who just wanted to ski fast to men running their individual ski empires of businesses, sponsorships and charities.

"Business, families, girlfriends, fiancées, wives, we didn't even know what those words were and how to use them five years ago," Osborne-Paradis says.

"You know, young and dumb. It's a different time of your life."

How to square their adult responsibilities with a certain disregard for their own safety on the mountain is a balancing act, says Hudec.

"I think the older you get, the more cherished it becomes and you put it in your backpack in a safety deposit box and you carefully bring it to the hotel and you're like, 'Don't lose this. It's my recklessness. If I lose this, I'm screwed,'" Hudec explains. **THE CANADIAN PRESS**



Manuel Osborne-Paradis walks toward a ski lift on Thursday in Lake Louise, Alta. JONATHAN HAYWARD/THE CANADIAN PRESS

NCAA men's basketball

Wiggins helps Jayhawks survive Wake Forest's second-half push

Canada's Andrew Wiggins scored 12 of his 17 points in the second half and No. 2 Kansas moved into the semifinals of the Battle 4 Atlantis, downing Wake Forest 87-78 on Thursday.

A pair of reserves, Frank Mason and Joel Embiid, combined for 23 more points for the Jayhawks (5-0), who will face Villanova in the semifinals on Friday night.

THE ASSOCIATED PRESS



Andrew Wiggins is averaging 16.8 points on 58.5 per cent shooting with 6.3 rebounds in five games as a freshman. GETTY IMAGES FILE

Tyler Gaudet. Meteoric rise leads to deal with NHL's Phoenix Coyotes

Tyler Gaudet was in a far different place at this time last year.

He was toiling in the Central Canadian League for the Pembroke Lumber Kings, his NHL prospects looking dim after being cut from the Quebec Major Junior Hockey League's Gatineau Olympiques.

It's been a better November for him in 2013. After a point-a-game start with the OHL's Sault Ste. Marie Greyhounds, the undrafted centre signed an entry-level deal this month with the NHL's Phoenix Coyotes.

"It's been a crazy year," the Hamilton native said.

Gaudet's turnaround can be credited in part to former NHL player Sheldon Keefe, who was the owner, president, general manager and head coach of the Lumber Kings in Pembroke.

Keefe was hired by the Greyhounds on Dec. 3, 2012, after the team had sacked former coach Mike Stapleton.

Just 10 days later, Gaudet went to Sault Ste. Marie to try to make a final impression on a major junior organization.

"I was expecting to play Junior A the whole time but luckily Sheldon brought me up," Gaudet said. "I wasn't expecting it to happen this fast."



Tyler Gaudet COURTESY OHL IMAGES

Gaudet, 20, had three goals and five assists in 34 games with the Greyhounds last season, but did enough things right to come back as an over-ager.

He's established himself as a key part of the Greyhounds this year, scoring 11 goals and adding 16 assists in 25 games, with a defensive rating of plus-12.

"His story is a great one," Keefe said. "It was a pretty unconventional way to get to an NHL contract. Certainly there's a level of pride when you're along for the ride with him."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	25	16	7	2	69	52	34
Tampa Bay	25	16	8	1	76	63	33
Detroit	26	12	7	7	69	71	31
Montreal	25	14	9	2	67	52	30
Toronto	25	14	9	2	71	66	30
Ottawa	26	10	12	4	76	86	24
Florida	26	7	14	5	58	86	19
Buffalo	26	5	20	1	45	82	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	26	16	9	1	78	63	33
NY Rangers	25	13	12	0	53	61	26
Washington	25	12	11	2	76	74	26
Carolina	25	10	10	5	53	70	25
New Jersey	25	9	11	5	53	62	23
Philadelphia	24	10	12	2	52	60	22
Columbus	25	9	13	3	62	75	21
NY Islanders	25	8	14	3	70	85	19

THURSDAY'S RESULTS

Vancouver 5 Ottawa 2

Edmonton 3 Nashville 0

WEDNESDAY'S RESULTS

Nashville 4 Columbus 0

Winnipeg 3 NY Islanders 2

Ottawa 6 Washington 4

Montreal 3 Buffalo 1

Carolina 4 New Jersey 3

NY Rangers 5 Florida 2

Tampa Bay 4 Philadelphia 2

Pittsburgh 6 Toronto 5 (SO)

Detroit 6 Boston 1

Phoenix 3 Minnesota 1

St. Louis 4 Colorado 1

Chicago 3 Calgary 2

San Jose 3 Los Angeles 2 (SO)

FRIDAY'S GAMES

All Times Eastern

Winnipeg at Philadelphia, 11:30 a.m.

NY Rangers at Boston, 1 p.m.

Pittsburgh at Tampa Bay, 4 p.m.

Detroit at NY Islanders, 4 p.m.

St. Louis at San Jose, 4 p.m.

Calgary at Anaheim, 4 p.m.

Montreal at Washington, 5 p.m.

Colorado at Minnesota, 6 p.m.

Edmonton at Columbus, 7 p.m.

New Jersey at Carolina, 7 p.m.

Toronto at Buffalo, 7:30 p.m.

Chicago at Dallas, 8:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	26	18	4	4	95	73	40
St. Louis	24	18	3	3	86	51	39
Colorado	23	17	6	0	70	49	34
Minnesota	26	15	7	4	65	61	34
Nashville	26	13	11	2	60	72	28
Winnipeg	27	12	11	4	72	78	28
Dallas	23	12	9	2	67	68	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	24	16	3	5	82	54	37
Anaheim	27	17	7	3	83	71	37
Los Angeles	26	16	6	4	69	56	36
Phoenix	25	15	6	4	83	79	34
Vancouver	27	13	9	5	72	70	31
Calgary	24	8	12	4	66	87	20
Edmonton	26	8	16	2	68	89	18

Note: Two points for a win, one point for overtime loss.

SATURDAY'S GAMES

Vancouver at NY Rangers, 2 p.m.

Columbus at Boston, 7 p.m.

Pittsburgh at Florida, 7 p.m.

Buffalo at New Jersey, 7 p.m.

Toronto at Montreal, 7 p.m.

Washington at NY Islanders, 7 p.m.

Philadelphia at Nashville, 8 p.m.

Chicago at Phoenix, 8 p.m.

Minnesota at Colorado, 9 p.m.

Calgary at Los Angeles, 10 p.m.

Anaheim at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	13	20	33
Steen, STL	20	10	30
Zetterberg, Det	11	19	30
Malkin, Pgh	6	24	30
Tavares, NYI	11	18	29

Not including last night's games

MLS PLAYOFFS CHAMPIONSHIP

MLS CUP

Saturday, Dec. 7

Kansas City vs. Salt Lake, 4 p.m., EST

NFL

WEEK 12

Thursday's results

Detroit 40 Green Bay 10

Dallas 31 Oakland 24

Baltimore 22 Pittsburgh 20

Sunday's games

All times Eastern

Jacksonville at Cleveland, 1 p.m.

New England at Houston, 1 p.m.

Arizona at Philadelphia, 1 p.m.

Miami at N.Y. Jets, 1 p.m.

Tennessee at Indianapolis, 1 p.m.

Chicago at Minnesota, 1 p.m.

Tampa Bay at Carolina, 1 p.m.

Atlanta at Buffalo, 4:05 p.m.

St. Louis at San Francisco, 4:05 p.m.

Cincinnati at San Diego, 4:25 p.m.

Denver at Kansas City, 4:25 p.m.

N.Y. Giants at Washington, 8:30 p.m.

Monday's game

New Orleans at Seattle, 8:40 p.m.

NBA

Wednesday's results

Indiana 99 Charlotte 74

Orlando 105 Philadelphia 94

Memphis 100 Boston 93

L.A. Lakers 99 Brooklyn 94

Miami 95 Cleveland 84

Chicago 99 Detroit 79

Houston 113 Atlanta 84

Washington 100 Milwaukee 92 OT

Oklahoma City 94 San Antonio 88

Denver 117 Minnesota 110

Dallas 103 Golden State 99

Phoenix 120 Portland 106

L.A. Clippers 93 New York 80

Friday's games — All times Eastern

San Antonio at Orlando, 7 p.m.

Miami at Toronto, 7 p.m.

Milwaukee at Charlotte, 7 p.m.

L.A. Lakers at Detroit, 7:30 p.m.

Dallas at Atlanta, 7:30 p.m.

Cleveland at Boston, 7:30 p.m.

New Orleans at Philadelphia, 8 p.m.

Brooklyn at Houston, 8 p.m.

Washington at Indiana, 8 p.m.

Golden State at Oklahoma City, 8 p.m.

New York at Denver, 9 p.m.

Phoenix at Utah, 9 p.m.

L.A. Clippers at Sacramento, 10 p.m.

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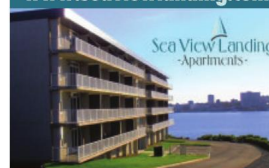
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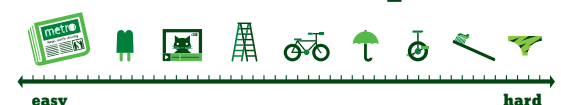
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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	6	9	3	7	5	1	2	8
5	1	2	8	9	4	6	7	3
7	8	3	1	2	6	9	5	4
2	7	4	6	8	1	3	9	5
8	9	6	5	3	2	4	1	7
3	5	1	7	4	9	8	6	2
9	2	8	4	1	7	5	3	6
1	3	5	2	6	8	7	4	9
6	4	7	9	5	3	2	8	1

7		9				2		6
	8		5		4		1	
2								3
		4	1		3	8		
	6						4	
		7	2		5	6		
4								8
	3		8		9		6	
9		8				1		5

Horoscopes

Aries

March 21 - April 20

This should be an encouraging day and even if you don't accomplish anything remarkable, you will still make progress. Though what seems like no big deal to you may look remarkable to others.

Taurus

April 21 - May 21

Try not to put yourself under stress today because the planets suggest you will get more out of life if you take things easy. Treat what look like a major setback as no more than a minor irritation.

Gemini

May 22 - June 21

There is no point complaining about something unless you intend to change it for the better. If you give rivals the impression that you are upset about what they are up to they might decide to do it all the more.

Cancer

June 22 - July 23

Something you used to get a great deal of joy from no longer thrills you. In a way that's good because it means you can devote the time and energy you spent on it to more serious creative matters.

Leo

July 24 - Aug. 23

Flattery will get you everywhere today and will be especially useful if you want to make a good impression on the work front. People in positions of power like to be told how wonderful they are.

Virgo

Aug. 24 - Sept. 23

Speak up and say what is on your mind but don't expect any applause. If you have any criticisms maybe you should try to make them sound more like positive suggestions — unless, of course, it's your intention to stir things up.

Libra

Sept. 24 - Oct. 23

You won't solve a problem of some sort by trying to force others to see it from your point of view. If they get the impression that you feel you are superior to them intellectually they will go out of their way to defy you.

Scorpio

Oct. 24 - Nov. 23

Try saying nice things to important people today. You may not believe a word of it but if you can get employers and senior colleagues to support what you are doing it could mean the difference between success and failure.

Sagittarius

Nov. 23 - Dec. 21

There have been times of late when it felt as if you were at the mercy of events but it isn't as bad as you think. With the Sun firmly placed in your sign you should be more upbeat about your prospects now.

Capricorn

Dec. 22 - Jan. 20

Make it your aim to find something enjoyable in everything you do. Whatever it is you're working on — and you should try to work as little as possible over the next day — there is no reason why it shouldn't make you smile.

Aquarius

Jan. 21 - Feb. 19

You may be eager to push ahead with a project of some kind but the planets indicate it might be best to wait a few days. Both tomorrow's Sun-Uranus link and next Tuesday's new moon will bring new ideas to the fore.

Pisces

Feb. 20 - March 20

You will see only what you want to see today — everything that does not fit inside the worldview you have created will be ignored. If you close your mind to new possibilities you'll be the loser.

SALLY BROMPTON



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A company that's listening.

You want better choice and value. We hear you.



See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Pick any phone,
match it with any plan.

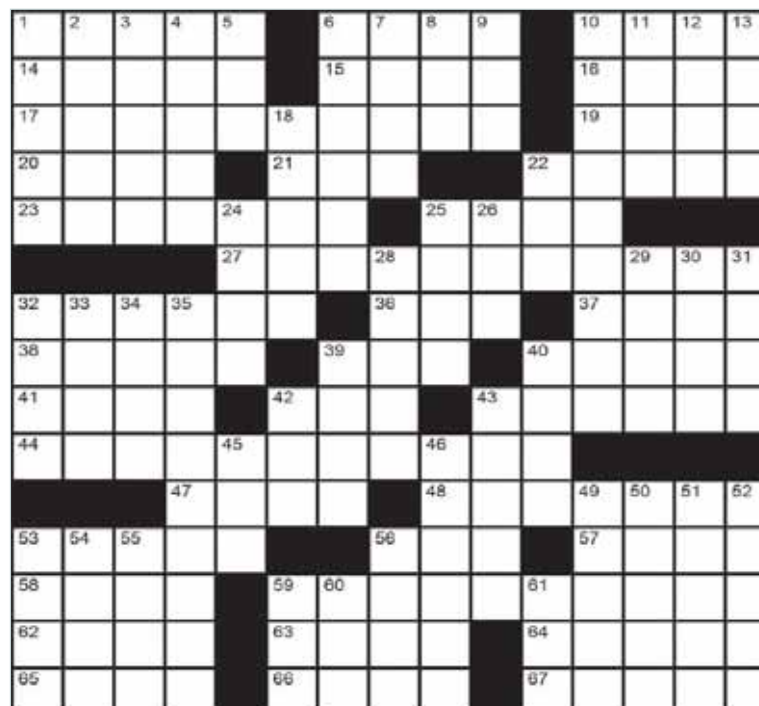


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Crossword: Canada Across and Down

Across

1. Vermicelli
6. Piece of the puzzle
10. Gwyneth Paltrow's lifestyles website, __.com
14. Gelatin mould dish
15. James __ (Pulitzer-winning writer)
16. " __ la Douce" (1963)
17. Racecar driver Jacques, an honoured member of Canada's Sports Hall of Fame
19. Achievement
20. Good vs __ (Superhero's battle)
21. Bar beverage
22. Rock
23. Embark on a cruise: 2 wds.
25. Earth
27. It kicks off the Christmas shopping season: 2 wds.
32. Figures of speech
36. Sanction
37. Store event
38. Moved off course
39. "Way cool!"
40. Scatter
41. Docking spot
42. Sighed sounds
43. Snow-packed ski runs
44. Historic building from 1886 where The Second City in Toronto was famously located: 3 wds.
47. Fertilizer ingredi-



48. Record-breaking building category
53. Quality
56. "Frasier" character
57. "Ah, me!"
58. This spot
59. Singer from Saint-Ignace, New Brunswick: 2 wds.
62. Buffalo kind
63. __ Cooper

64. Beaver-ish looking animal
 65. Look after
 66. Assorted [abbr.]
 67. Highway-crossing animals
- Down**
1. Does road work
 2. " __ always said..."
 3. __ pea soup

4. Cash register drawers
5. Hotshot
6. Spain: Valencian dish of rice
7. Fluish feeling
8. Gun the engine
9. Football prop
10. Thingies put out annually by Oprah Winfrey, and most

11. Celebrated cookie
12. Muscat is its capital
13. Hors d'oeuvre spread
18. Manicurist's concerns
22. Military address
24. Sleep Country

- Canada purchase, __
25. Timetable, cool-style
26. Commonly, poetically
28. English punk band, with The
29. Dash
30. Sheltered, nautically
31. Archery bow trees
32. Spelling boo-boo
33. Racetrack fence
34. Was in debt
35. Chanel No. 5's magazine page: 2 wds.
39. Ms. Perlman
40. Window ledge
42. Go-Go's smash: "Our Lips __ Sealed"
43. Shopping __
45. Galway's country [abbr.]
46. English pop trio, __ Kitten
49. Espresso style
50. Upper crust
51. More sensible
52. Boris Godunov, and others
53. Fantastic, in slang
54. Boulevard in Montreal, __-Levesque
55. Cast or Wrought
56. Also-__
59. "This is yummy."
60. Crossword rendering of a segment of a road's dotted line
61. Mr. Stewart

Yesterday's Crossword



**NEW all-inclusive
Nationwide plans.**

Worry-free Unlimited Talk & Text
anywhere in Canada.

Starting from
\$32/mo
+ device payment*

NEW easyTab^{plus}

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- ✓ Upgrade your phone any time.
- ✓ Switch plans whenever you want.
- ✓ Your bill goes down when your phone is paid off.

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ON SELECT MODELS

+ **0%**[†]
FINANCING FOR
36 MONTHS
+
5 YEAR
COMPREHENSIVE
WARRANTY



Limited model shown

HWY: 8.4L/100 KM
CITY: 11.0L/100 KM*

2013 SANTA FE 2.0T LIMITED AWD

AVAILABLE FEATURES INCLUDE:

- PANORAMIC SUNROOF • REARVIEW CAMERA
- HEATED FRONT/REAR SEATS

0%[†]
FINANCING FOR
36 MONTHS



2013 CANADIAN
UTILITY VEHICLE
OF THE YEAR



Limited model shown

HWY: 8.0L/100 KM
CITY: 11.7L/100 KM*

2013 SANTA FE XL PREMIUM AWD

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- 3.3L GDI V6 ENGINE • POWER LIFTGATE
- 5,000 LBS TOWING CAPACITY

0%[†]
FINANCING FOR
36 MONTHS



 **7** PASSENGER
SEATING

THE NEW 2014 TUCSON HAS ARRIVED



Limited model shown

HWY: 7.2L/100 KM
CITY: 10.0L/100 KM*

2014 TUCSON

SELLING PRICE: \$23,259* TUCSON 2.0L GL FWD MT.
FEES, DELIVERY & DESTINATION INCLUDED.

STANDARD FEATURES INCLUDE:

- AIR CONDITIONING • EZ LANE CHANGE ASSIST
- BLUETOOTH® HANDS FREE PHONE SYSTEM • FRONT HEATED SEATS

OWN IT FOR **\$122** BI-WEEKLY
WITH **1.9%**[†] FINANCING FOR 96 MONTHS
AND **\$0** DOWN

**5 YEAR
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty



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